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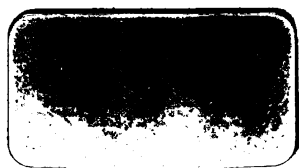
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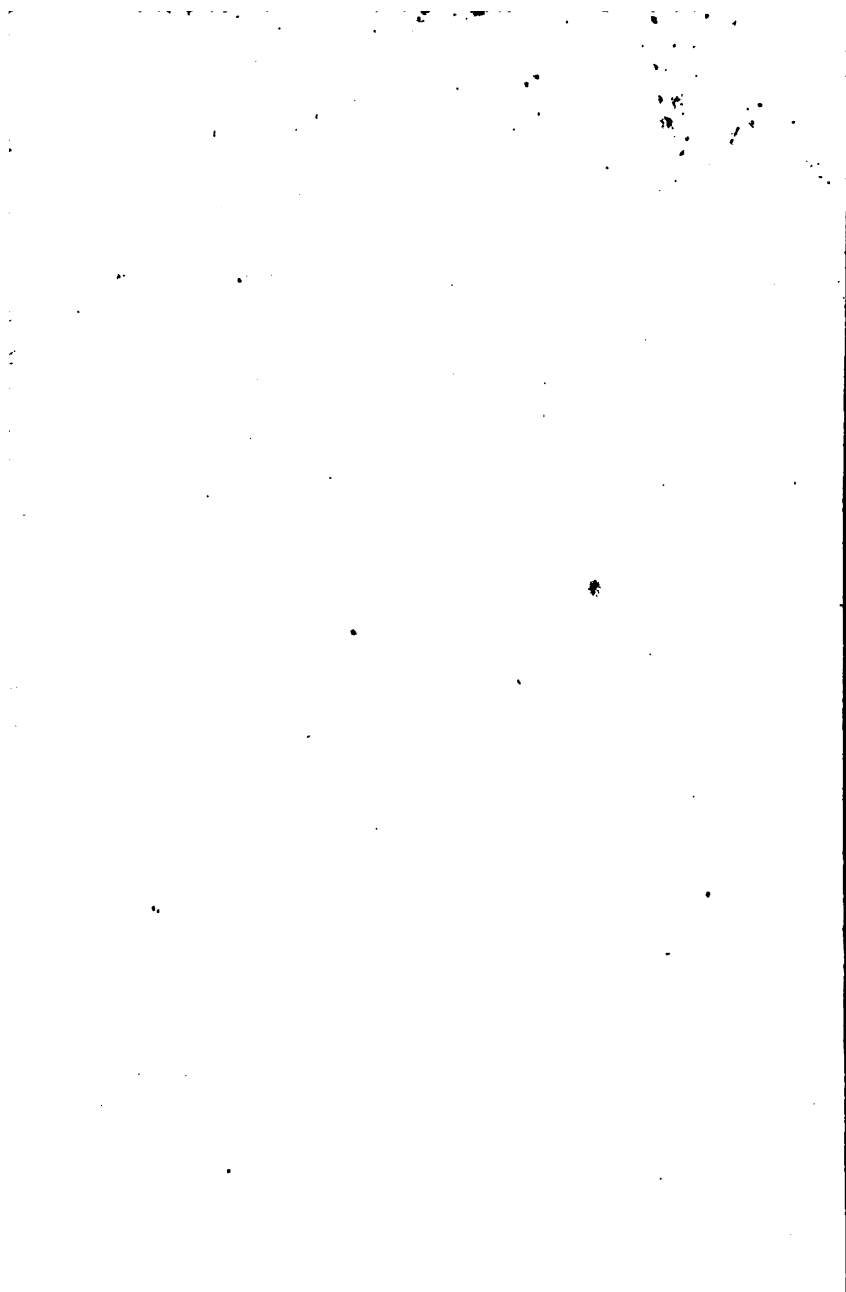
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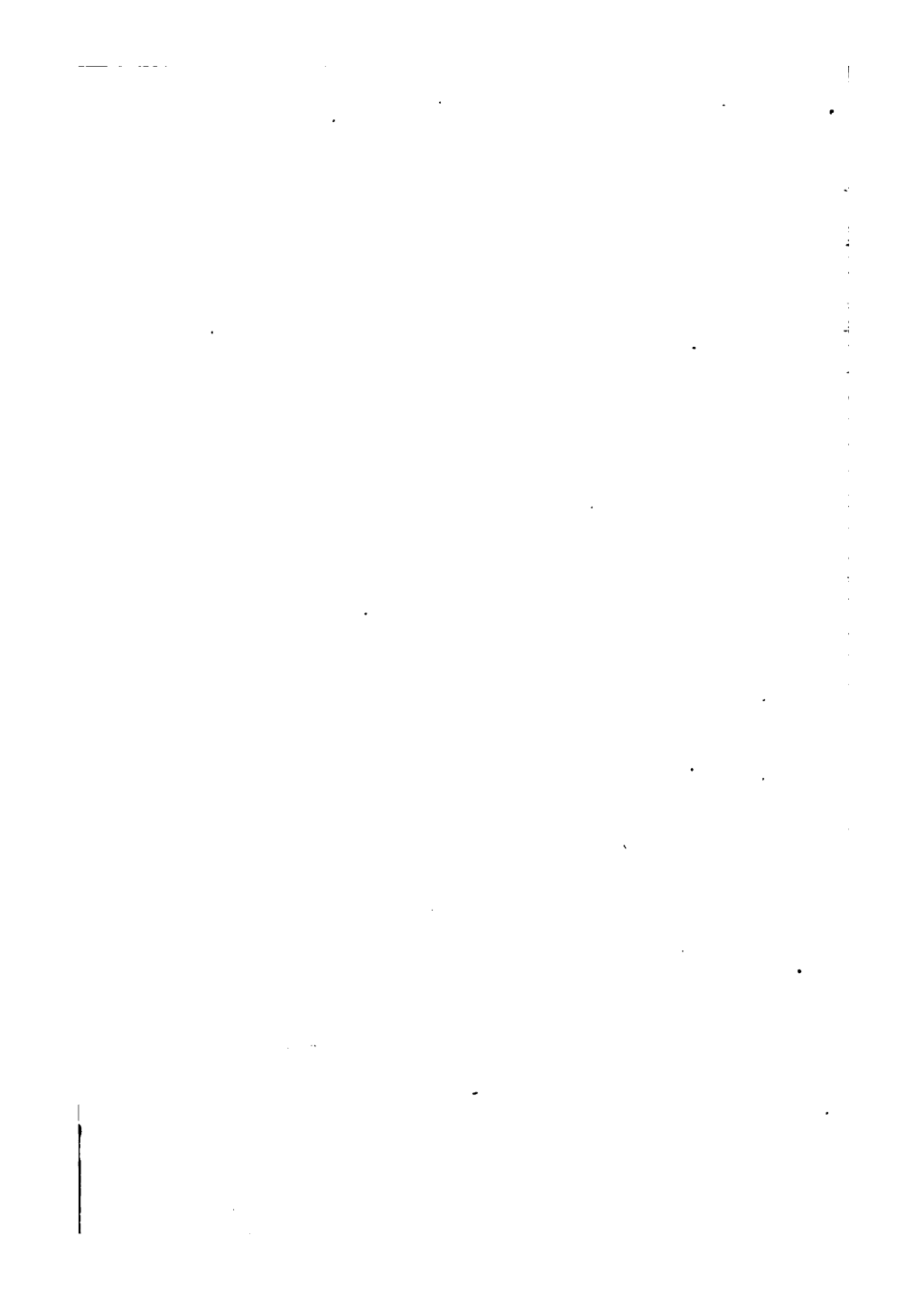


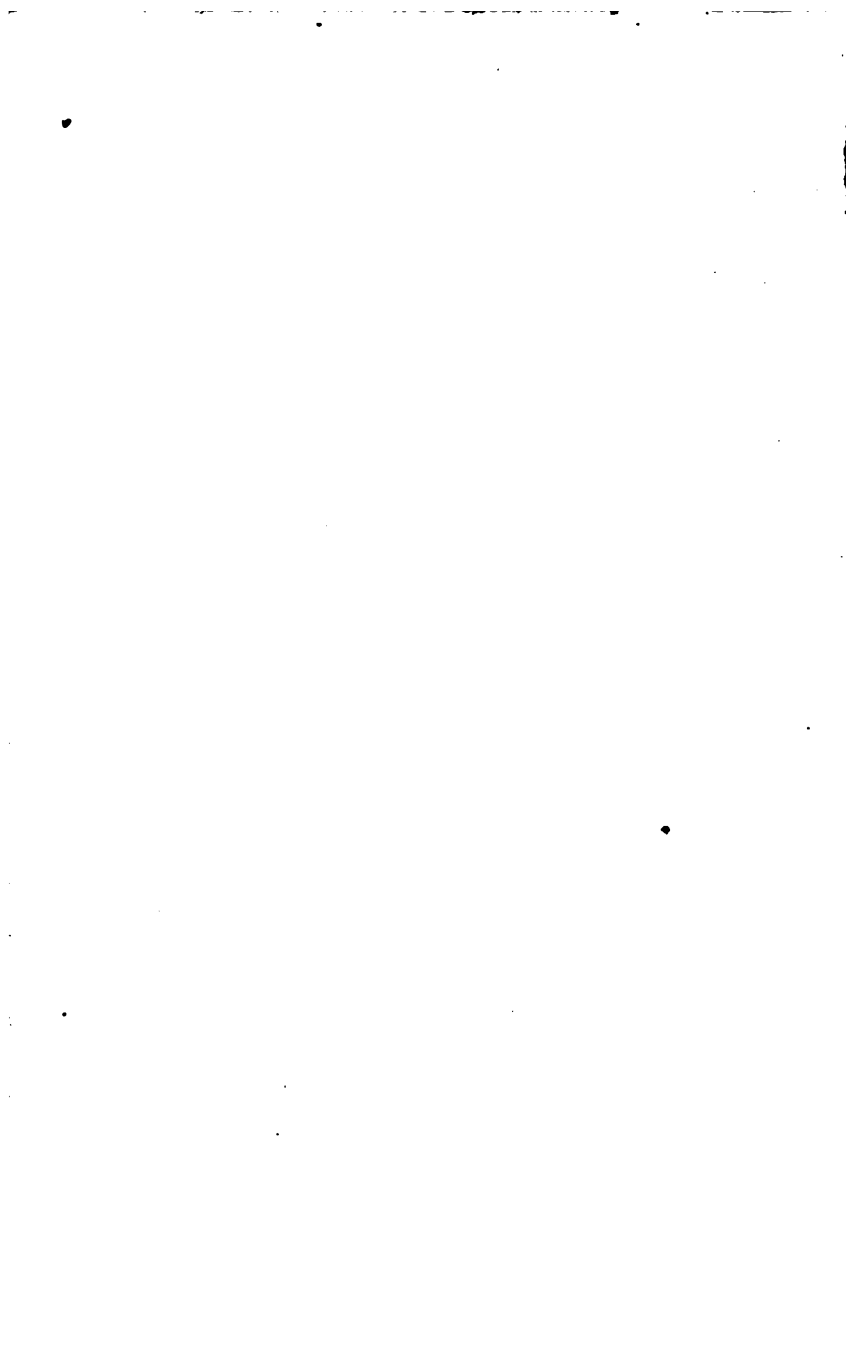


THE PEOPLE'S GUIDE
TO THE
New Botanic Treatment of Disease :
A HANDBOOK OF
DOMESTIC MEDICINE.

BY
GEORGE STEVENS.

LONDON :
KEMPSTER & CO., BRIDE'S COURT, FLEET STREET.
1881.









Geo. Stevens

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CONTAINING
CLEAR, CONCISE, AND EASY DIRECTIONS
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IN THE
MOST SPEEDY, SAFE, AND EFFECTUAL MANNER.

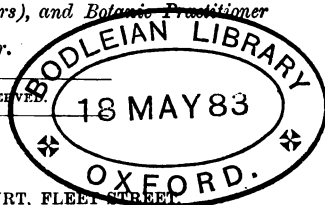
BY
GEORGE STEVENS,

*Medical Botanist (upwards of forty years), and Botanic Practitioner
and Lecturer.*

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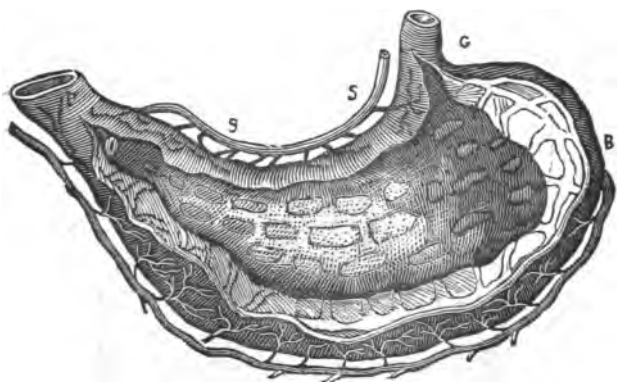
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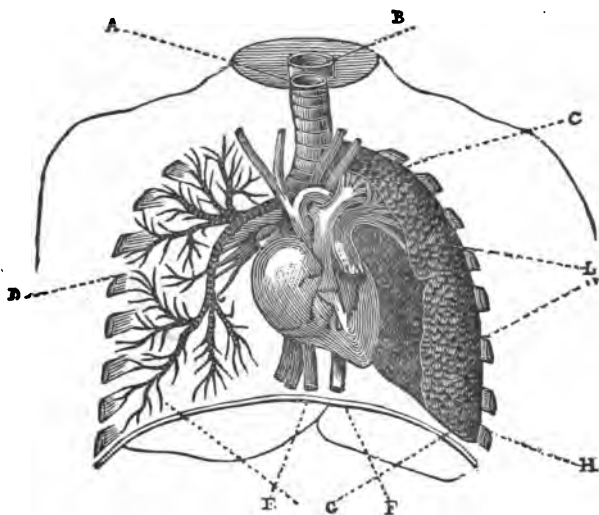
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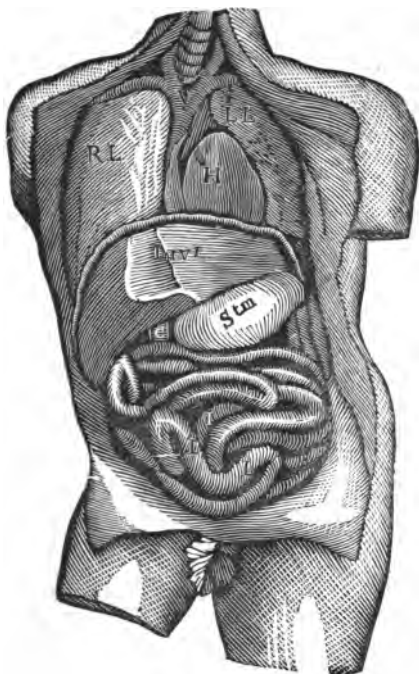
“The most contradictory and inconsistent opinions pervade the whole length and breadth of the Medical Profession regarding the origin, the nature, and the cause of Diseases, not merely the most complex diseases, but even the simplest to which mankind are liable . . . in short, a complete revolution awaits the Medical Profession.”—Dr. MAJENDI.



THE STOMACH
(See article on Indigestion).



THE LUNGS
(See article on Consumption,).



THE ORGANS OF DIGESTION
(See article on Indigestion).

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PREFACE.

As there is often great inconvenience arising in families, and a vast expense generally incurred in consequence of their not knowing the best, simplest, and most effectual remedies that might be directly applied in ordinary cases of derangement, we have in this work endeavoured to supply a real want.

"Till the hour of sickness comes, how few non-medical persons ever think of a subject which ought to be of interest to all! The same men who discuss with becoming gravity the artificial inflections of a Greek or Latin verb, neglect to inform themselves of the natural laws that govern the motions of their own bodies! No wonder that the world should be so long kept in darkness on medicine and its mode of action; no wonder that even educated persons should still know so little of the proper study of mankind—MAN."—DICKSON.

Our aim in presenting the following Treatise to the public is to lay before our unprofessional readers a clear and correct description of the nature, symptoms, causes, and the appropriate treatment of those diseases to which the human frame is most liable.

A work is in constant requisition that brings within the reach of heads of families, at the time of sickness, that knowledge and proper understanding which will enable them to select and apply the necessary remedies for the most direct relief from those maladies which are constantly occurring within their own family circles, and which will also enable people to mutually assist each other in the study of medical botany; thus propagating a general knowledge of these principles, so effectual both in eradicating disease from society and relieving it of much of that poverty and deplorable suffering which arise from erroneous practice. The possession of such knowledge, together with constant attendance on the patient and seeing all that transpires, would give the people a far better understanding as to the nature of the disorder and how to meet its changes than a physician might be expected to possess from short visits periodically made with long intervals intervening.

Dr. J. Stevens, brother of the author, in his *Medical Reform*, says :—"Let the people but avail themselves of all the knowledge of this system, which they have within their reach ; let them but learn their simple and pleasant lesson, and when they shall, by hearing, reading, or trial, be convinced of the case by which a simple but correct system, in accordance with the laws or processes of nature, can cure the malignant forms of disease in the shortest time and with the least expense ; when it shall have been proved to plain common sense that *fever*, the fearful destroyer of one-fourth of mankind, can, with a never-failing certainty, be turned out of danger in five or six hours, and its subsequent weakness cured in half as many days ; and inflammation, without leech or lancet, as speedily ; when consumption, our climate's curse, and our physicians' despair, yields its fell grasp upon the young and lovely, as to a specific power ; when all contaminations of the blood, even to hydrophobia, rabid rage, are expelled ; where long disease triumphed, or even death was sudden or certain before ; surely the people will accept the glorious boon, and hail the new light as a gift from heaven."

Sir John Forbes, late Physician to Her Most Gracious Majesty's Household, speaking of medicine, says :—"When laid open in its native truth and simplicity, medicine will be found, like other arts and sciences, to possess nothing that is very mysterious or difficult of comprehension, nor anything that should prevent its principles from becoming one of the subjects of ordinary study."

The Botanic system is universal in its application, and specific in its power, not only in the hands of a few, but also in the hands of all those who choose to embrace it. Let the people but become acquainted with this system, and the day may not be far off—as prophesied by many philosophers, renowned both by ancient and modern writers, who have recorded their faith and foreshadowed a period when all would become their own doctors, and each father the physician of his family.

The improvements in medicine have by no means kept pace with those of the other arts. "The reason," says Dr. Buchan, "is obvious. "Medicine has been studied by few except those who intended to live by it as a trade. Such, either from a mistaken zeal for the honour of medicine, or

to raise their own importance, have endeavoured to disguise and conceal the art." He further remarks: "As matters stand at present, it is easier to cheat a man out of his life than of a shilling, and almost impossible either to detect or punish the offender. Notwithstanding this, people still shut their eyes, and take everything upon trust that is administered by any pretender to medicine, without daring to ask him a reason for any part of his conduct. Implicit faith, everywhere else the object of ridicule, is still sacred here. Many of the faculty are no doubt worthy of all the confidence that can be reposed in them; but as this can never be the character of every individual in any profession, it would certainly be for the safety, as well as for the honour of mankind, to have some check upon the conduct of those to whom they entrust so valuable a treasure as health."

The veil of mystery which still hangs over medicine renders it not only a conjectural, but even a suspicious art.

Had there been many medical writers as honest as Dr. Buchan, the medical art would be on a very different footing at the present time.

The fact is, no science can be rendered either rational or useful without being submitted to the common sense and reason of mankind. These alone stamp a value upon science, and what will not bear the test of these ought to be rejected.

"The avowed object of these pages," says Dr. J. Stevens in his *Medical Reform*, "is to prove that, however lofty medical science has appeared when clothed in mystery, or flaunting in the false airs of pedantic learning, it is not, if stripped of that mystery, higher than the reach of the ordinary mind, or beyond the attainment of common sense."

The healing art was once the companion of philosophy and handmaid of compassion, and will be again; and after being long lost in a dark wilderness of error, with greater wisdom will return to the divine rectitude of her original mission; for, as John Wesley says, "It is probable physic as well as religion, was in the first ages chiefly traditional; every father delivering down to his sons what he had in like manner received concerning the manner of healing both outward hurts and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder."

The Rev. J. Wesley studied medicine in his earlier days, and could speak from a competent knowledge of the subject. He observes :—"As theories increased, simple medicines were more and more disregarded and disused, till in a course of years the greater part of them were forgotten, at least in the politer nations. In the room of these, abundance of new ones were introduced by reasoning speculative men, and these more and more difficult to be applied as being more remote from common observation. Hence rules for the application of these and medical books were immensely multiplied, till at length physic became an abstruse science, quite out of the reach of ordinary men. Physicians endeavoured to keep the people in ignorance of the healing art by filling their writings with abundance of technical terms, utterly unintelligible to plain men, and those who understood only how to restore the sick to health they branded with the name of empirics."

There have been some lovers of mankind, who have endeavoured, contrary to their own interests, to reduce the healing art to its ancient standard, to explode it of all hypotheses and fine-spun theories, and make it a plain and intelligible thing, as it was in the beginning, having no more mystery than this—such a medicine cures such a disease.

He commends Dr. Cheyne for his labours in this respect, and says that he would have communicated much more valuable information to the public but that he stood in awe of his medical brethren. In proof of this, he relates that Dr. Cheyne was taken to task one day for passages in his work countenancing the modern practice of physic, and he replied to the individual who accosted him, "Oh, sir, we must do something to oblige the faculty, or they will tear us in pieces."

To insure a thorough reform in the practice of medicine, steps must be taken to enlighten the public mind on this important and interesting subject, for as long as blindness, ignorance, and prejudice exist, very little reform can ever be effected. It is, therefore, evident that these noxious fetters of society which impede the progress of truth must be removed by placing the necessary knowledge in the hands of the public, who suffer from the present errors in practice, and on which they place such blind reliance.

ASTHMA.

THIS disorder is considered to be located in the upper portion of the lungs—the lining membrane of the air passages, called the bronchia. The mucous or lining membrane appears to be deficient of its usual amount of moisture, and also the lungs altogether of its proper nervous power.

Asthma is commonly divided into two species—the one being attended with more spasm and less expectoration, is called spasmodic asthma, and occurs at all seasons of the year. An attack often takes place at night, and the patient is perhaps awakened out of his sleep by it, with a sense of suffocation; the fit is mostly sudden, violent, and of short duration, lasting in some instances a few hours only, and in others a few days.

In the first part the constriction of the chest is very hard and spasmodic, both inspiration and expiration are performed slowly and with a wheezing noise; the speech becomes difficult and uneasy, cough succeeds, and a most anxious difficulty of breathing. The patient, as if threatened with immediate suffocation, is obliged instantly to rise from an horizontal position. The face is sometimes of a livid hue, at others it is morbidly pale and shrunk. These symptoms vary much as to their duration—they mostly decline gradually, and the fit is terminated by some degree of perspiration over the whole surface of the body, and an expectoration of mucus; but in some few instances it terminates suddenly. Notwithstanding the violence of the attack, asthma very seldom proves fatal at the time, and though this disease is not, generally speaking, immediately dangerous, yet frequent returns of it are liable gradually to induce incurable diseases.

The other species of asthma is termed the “humid” or “habitual” asthma, which is the more common form of the two. The paroxysms of this are more protracted, frequently lasting all through the winter, and recurring on every

extreme change of the weather. This species exhibits some degree of spasm like the other, but has more of the appearance of a very bad cold on the lungs, with some difficulty of breathing usually remaining during the interval of remission, while in the dry spasmodic form the remissions usually are more complete, and may continue for weeks or months free from difficulty of breathing or cough, the patient feeling as easy as he ever did.

Dr. Beech writes of this disease as follows :—"Upon the approach of a paroxysm, the patient usually feels a sense of coldness over the surface of the body ; indeed sometimes severe rigors take place ; a sense of constriction is experienced in the chest, and difficulty of breathing, both of which are increased in the recumbent posture. He sits up, because he can then breathe more easily ; he demands more air to be admitted into the apartment ; he employs all his efforts to dilate the chest, and then to empty the lungs. There is restlessness, occasional cough, which the patient makes efforts to perform, thinking to force something out of the lungs which impedes his breathing. Expiration is performed with a peculiar whistling sound, and sometimes it is sonorous. The face is either pale or livid, the eyes have an anxious expression, the extremities are frequently cold, even the nose and the ears, and the face and breast are covered with a cold dew. The pulse is in various states—full and quick, small and quick, sometimes oppressed, and occasionally it intermits ; the skin is frequently discoloured, and there are often troublesome flatulency and a sense of fulness in the abdomen. These symptoms combine with more or less violence for some hours or days, till expectoration takes place, which generally precedes a remission. The expectoration is sometimes scanty, at others copious. This is a short description of the symptoms as they generally occur. In slight cases, however, a sense of constriction in the chest only is complained of, which is sometimes relieved by expectoration of a whitish mucus, but in more severe instances the symptoms are much more violent and alarming, not only to the patient, but to the bystanders ; instant suffocation being threatened, he solicits relief in the most urgent manner. A remission sometimes takes place immediately after the

occurrence of profuse perspiration, and occasionally after a copious discharge of urine."

Dr. Hooper says :—

"Asthma rarely appears before the age of puberty, and seems to attack men more frequently than women, particularly those of a full habit, in whom it never fails, by frequent repetition, to occasion some degree of emaciation. In some instances it arises from an hereditary predisposition, and in many others it seems to depend upon a particular constitution of the lungs. Dyspepsia always prevails, and appears to be a very prominent feature in the predisposition."

It is proved in physiology that healthy-conditioned blood stimulates the walls of the heart to their proper action, and the lungs to a regular and easy performance of all their functions ; but when it comes to these organs in an impure or crude condition, as from any inefficiency in the previous preparation of the nourishment, which is so frequently the case from disorder in some part of the passages in which these processes have to be accomplished, these organs are frequently very much tried and often become diseased. Indeed, disorder in some part of the digestive process is observed and stated by nearly all medical authors to previously prevail, and most often to form the predisposing cause of nearly all important diseases.

The part found organically diseased in this disorder is the thoracic duct, which is the last organ employed in the process of digestion before the nutriment mixes with the blood that is just going into the heart and thence to the lungs. The nutriment having become vitiated on passing through this diseased organ, shows how the viscid serum comes into the air-cells of the lungs, causing irritation, spasm, and other distressing symptoms that take place in asthma ; and also accounts for the improper action of the heart which always accompanies them, and for death taking place in asthmatic persons, in whose lungs no obvious disease could be found (on dissection), that would account for the difficulty with which they had performed their office.

In the treatment of asthma, two primary indications are to be observed, first, the treatment of the paroxysms, and, second, the treatment in the intervals. During the paroxysms the object of the treatment is to relieve the

spasm, or any obstruction in the lungs, which may preclude the free admission of air; and whether this preclusion is owing to a spasmodic contraction of the air passages of the lungs, or to the swollen or thickened state of the mucous membrane lining these passages, the remedies hereafter given are equally adapted to relieve both conditions.

It may be seen by the foregoing quotations that a remission takes place immediately after profuse perspiration, free expectoration, or a copious discharge of urine. Does not this show that when nature can by her own efforts set free any or all of these excretions to a full extent, she obtains a thorough relief of these distressing symptoms or paroxysms? Our design is to produce a profuse and general perspiration, and whatever means will accomplish this will also to some extent set free every other excretion and secretion of the body. The remedies here set forward have been well tested, and found in every way adapted to give full relief to all the most important passages of outlet of the body.

The best treatment during a paroxysm, if the pulse be high or quick, and if the patient be under fifty years of age, is the Thompsonian course of medicine (see Index), but where this eligible state does not exist, from the patient being either too advanced in age, or from having a feeble pulse, the following treatment should be adopted. During the paroxysm, a glyster, both of opening and stimulating qualities, ought to be administered, the feet and legs immersed in hot water, and either a dose of the alterative or sudorific powder taken, or four to six of the lobelia pills. If the bowels are costive, two of the aperient pills should also be taken, and a jar of hot water enveloped in a cloth damped with vinegar placed to the feet in bed. Doses of the syrup of lobelia or of the stimulating drops should be taken, and repeated until relief is afforded; if, however, this result be difficult to obtain in two or three hours the injection should be repeated, and bottles of hot water, wrapped in damp cloths or flannels, placed to the sides of the body in bed. The bottles should be refilled every two or three hours, that perspiration may be fully induced. When the perspiratory state has continued some hours, and has either considerably relieved or terminated the paroxysm (which it will be sure to do earlier or later in the morning),

the remedies should be changed for those of a tonic and nervine class, in order that vital action may be supported. It is essential that the diet should be nourishing, stimulating, easy of digestion, and frequently given in small quantities. By these means this better condition will be maintained, and the return of the paroxysm or the greater part of it prevented, which otherwise would be liable to recur at night. Upon any return of the symptoms at that or any other time, some of the first remedies should be again resorted to.

By following up this plan of treatment, together with the application of a stimulating poultice to the chest, even the worst cases will receive the utmost relief that can be obtained for them.

An admirable tonic mixture may be made as follows :—

Bog Bean.....	½ oz.
Marsh-mallows	½ oz.
Horehound and Hyssop	½ oz. each.

The first two herbs should be boiled fifteen or twenty minutes in one quart of water, and the decoction poured upon the last mentioned two articles. When cool, strain and bottle, and add a drachm of the carbonate of ammonia and half an ounce of either the anti-spasmodic or stimulating drops. Take a wine-glassful every two hours. In the first two or three doses of the morning, or during the better condition of the patient, two grains of quinine should be mixed up with each. For any frequent irritation or hacking cough an infusion of slippery elm and bayberry* (one drachm or tea-spoonful of each to a pint of water), with a little of cloves and sugar, kept warm, and a small quantity frequently drank at the time of such irritation will very soon allay it.

In long standing or severe cases of asthma this treatment, or some modified form of it, may have to be pursued some days or weeks, still adhering in whatever is done to the principles previously stated.

* See Index for other Cough Mixtures.

BLEEDING FROM THE NOSE.

THIS affection is most common in young people, and is unattended with danger, except when the discharge is very copious or long continued. A considerable discharge of blood from the nose is usually preceded by chilliness and coldness of the limbs, followed by some degree of heat or feverishness, a frequent full and hard pulse, with fulness and tension about the nose, strong beating of the arteries of the head and neck, and flushing of the face.

Occasionally bleeding from constitutional causes makes its appearance without any very perceptible symptoms, especially when it is inconsiderable; when it occurs in putrid disorders it is considered a dangerous symptom.

Bleeding from the nose is often produced by violent exercise, a disordered state of the stomach from excess in eating and drinking, exposure to cold, and the suppression of any of the natural evacuations, as the perspiration, &c.

In the greater number of cases, the local application of any good astringent will be found sufficient to stop the bleeding, such as gum myrrh, catechu, or kino, powdered, moistened with water and placed on a plug of lint, and gently pushed up the nostril, where it should be allowed to remain for ten or fifteen minutes. The oil of turpentine used in the same way is also a very effectual remedy.

The application of cold water to the nose and temples, or even the whole head, or bandaging the head with a wet cloth, frequently re-dipped, cold applied to the back by means of the wet cloth, or any cold metal, are means which will seldom fail to check the flow of blood.

When, however, they do fail, the more complete remedy will be found in the administration of pure stimulants, as the composition or cayenne tea, frequently drank, and placing the feet in hot water. If the bleeding is serious, an emetic of lobelia and cayenne should be taken, or stimulating injection, and the vapour bath should be had recourse to. (See Thompsonian course of medicine.) This treatment should be repeated, if necessary, two or three days following, or every other day, and the tonics, as follow, administered every two or three hours between the courses of

medicine (which should be taken in the evening or at bed time).

Take of Centaury	1 oz.
„ Balm.....	1 oz.
„ Cayenne	2 or 3 grains.

Scald in one quart of water ; dose, a wine-glassful four or five times a day ; or add to one quart of decoction of cranes-bill and meadow sweet, twenty grains of quinine and three grains of cayenne ; dose, a wine-glassful four times a day.

BRUISES AND SPRAINS.

In slight cases it will be sufficient to bathe the parts two or three times a day with hot water made strong of vinegar and salt ; a piece of flannel saturated with the same should afterwards be bound on the part, or if this does not sufficiently relieve it in a few days, a liniment should be applied, as follows :—

Turpentine.....	$\frac{1}{4}$ oz.
Gum Camphor	$\frac{1}{4}$ oz.
Cayenne.....	$\frac{1}{4}$ oz.
Sweet Oil	$\frac{1}{4}$ oz.
Spirits of Wine	$\frac{1}{2}$ pint.

Shake together until the camphor is dissolved, it will be then ready for use. Gently apply to the bruise, and to a good extent the surrounding parts. (See also Index for Liniments.)

The severe kind of bruises will require the application of hot stimulating poultices, as well as the above treatment, such as bran moistened with vinegar and hot water, with a little cayenne and salt sprinkled on the face of it. If the skin, however, is much broken, just that part should be covered with a small plaster of the salve as given for burns, the liniment applied round, and then the poultice over it. These remedies should be well followed up, as these disorders if not sufficiently treated sometimes occasion pain and inconvenience for many months, or even years.

It is most frequently necessary at the same time to attend

to the state of the constitution. Some aperient occasionally taken at night, and tonic medicines daily, with a proper diet of a supporting nature, will assist in the recovery of the healthy action of the part affected.

BURNS AND SCALDS.

THESE, if properly managed, are not attended with any particular danger, unless they are situated on the trunk of the body, and embrace a considerable extent of surface, for then a portion of the perspirable matter which should pass off through the pores is retained in the circulation, and, sooner or later to some extent, disorders the whole system.

Burns and Scalds may be divided into three conditions, in order to their being treated with safety and success. The first is where the injury consists simply of the outer or scarf skin which remains unbroken; the second, where the outer or scarf skin is extensively separated from the surface of the true skin, so that the minute extremities of the nerves are exposed, which is most frequently the case from the application of fire; the third, where a still deeper injury has occurred, in which the life of the true skin is destroyed, and where the process of suppuration is necessary.

The danger in the first state is but little, provided the blisters are not disturbed. The principal object is to keep the blisters from breaking in all cases, and where they are large, if they are broken or opened, a considerable discharge comes on, often creating great irritation, and, consequently, danger. If the skin remain entire, a cloth or towel several times folded, dipped in cold water, should be immediately applied to the part, and frequently renewed until the pain ceases. If it be a limb affected, or a part that can be held over a vessel of cold water, the constant pouring of the water on the cloth which has been applied will keep the part entirely free from pain. The wet cloth may be left on some hours after the pain has ceased, when oiled rags should be applied to keep the part moist.

"When the heat and inflammation have subsided," says Dr. Graham, "apply a liniment composed of three ounces of

olive or linseed oil, added to six ounces of lime water, or dress the parts with the following cerate spread on fine lint:—Take of acetate of lead, in powder, two drachms; white wax, two ounces; olive oil, half a pint. Melt the wax in seven fluid ounces of the oil; then add gradually the acetate of lead, separately rubbed down with the remaining oil, and stir with a spatula until they be thoroughly incorporated."

When the scalds are extensive, covering a considerable space, and cold water is used, it is advisable to give internally some stimulant, such as cayenne and brandy in a little warm milk and water, as cold water applications materially depress the vital powers, and would otherwise prevent reaction.

A poultice of the elm bark and milk spread upon linen or muslin, and covered with olive or sweet oil, or a poultice of slippery elm bark and olive oil alone, will be very efficacious in removing the inflammation and sufferings of the patient. The state of the constitution should be attended to, as advised for bruises and sprains.

Dr. E. Smith, of New York, says:—"For burns or scalds of all kinds, or from whatever cause, the most effectual, convenient, and cheap (although homely) remedy is urine. Let clothes wet with this be laid on and kept continually soaked with it, till the fire is extracted and the pain abates, which will usually be effected in the course of thirty minutes. This is so complete a remedy that not even a blister will appear from the burn, or any other disfiguration, unless the skin was badly broken in the first place. Afterwards the parts should be oiled well with sweet oil."

COLDS AND INFLAMMATIONS, &c.

A COMMON COLD.

A COLD is too often neglected from the idea that it will gradually wear off; this misleads many, and has caused the death of thousands where the cold might have been thrown off at the cost of a little trouble. It should be borne in

mind that when small complaints are removed large ones never make their appearance.

The direct effect of cold upon any part of the system is a loss in the natural temperature of the part, causing the natural power of vital action to be diminished and weakened, and, consequently, the healthy order of the functions to fall into derangement or disorder, which is proved to be a fruitful source of disease.

Dr. J. Skelton, sen., says : "Cold is a disturbance of the healthful condition of life, or obstruction of the circulation. Where youth and strong *vigorous vital action* are found, the body will generally right itself ; but where there is *depression*, *vital sluggishness*, or previous debility, the cold is proportionably dangerous. Many come to consult me over what they consider a cold, when in reality it is the incipient or first stage of consumption. They have, under the notion of letting the cold cure itself (because it has done so before), suffered it to grow upon them until, as we have said, the result proves fatal."

Any sudden, prolonged, or intense cold to any part of the surface of the body contracts the pores of the skin and the minute blood vessels beneath it, causing the blood to recede and to be forced upon the internal surface and organs, which is returned again with increased force from the centre to the surface, forming a reaction, and giving rise to an increase of heat and often uneasiness, according to the various circumstances of a case. This is nature's process to re-open the pores of the skin and emit the perspiration and other waste matter which is the natural produce of vital action. By such relief she regains her healthy order of action, and preserves her vitality ; but when re-action cannot re-establish the healthy state, a repetition of these changes of temperature often recur daily. The morbid matter retained in the system may be forced through the skin in the form of an eruption ; it may act upon the glandular system and form abscesses, or when it affects the whole of the body it will often terminate in a state of fever. None of these disorders can ever take place without some changes in, or perversion of, our natural state of temperature.

There is often a torpid or inactive state of the capillary vessels produced, by which the morbid matter is allowed

to remain in the system until absorbed and carried by the circulating fluid to be cast out through some excreting process of an internal organ, but in the failure of this it often forms much disease.

Life, or the living state, is a series of actions or motions in animal matter, of which organised bodies only are susceptible. Thus organised or living bodies are influenced to a certain extent by the same laws that influence inorganic matter; but they are sustained in their living state by vital laws and a certain degree of temperature in the body. A set standard within one or two degrees is necessary to maintain the healthy state of the system, for the rate of vital action is in accordance with the degree of temperature that prevails at the time.

Thus it may be seen that the influence of heat is necessary for life, in all organised bodies. Heat, or caloric, is the power or agent through which all other stimulants, as atmospheric air, light, electricity, galvanism, food, drink, and medicine affect vital action; for all act through the medium and power of heat, and the effect depends upon the temperature prevailing at the time.

In the principle of life there is a sensibility which renders it susceptible to excitement. Dr. Rush considers life to be a forced state, and the effect of stimuli; and the stimuli he divides into external and internal. "Air," he says, "by exciting respiration, gave the first impulse to life. When man was formed, God breathed into him the breath of life, that is, atmospheric air; dilating his nostrils, inflating his lungs, and thus exciting in him the whole phenomena of animal, intellectual, and spiritual life. Life, as applied to the human body, includes heat, sensation, thought, and motion; and these four, when united perfectly, form perfect life. Without organisation there can be no life; and again, organised bodies, though possessed of the capacity for life, require the aid of stimulants to call them into activity." This is further confirmed by Dr. Carpenter, who says, in his *Manual of Physiology*, that "The most perfectly-organised body, supplied with all the other conditions requisite for its activity, must remain completely inert if it do not receive a sufficient amount of heat. The influence which this agent exerts upon living beings is far more

remarkable than its effects upon inorganic matter, although the latter are usually more obvious. We are all familiar with its power of producing expansion, evaporation, &c. The influence of heat upon vital activity is attested on a large scale, by the striking contrast between the dreary barrenness of polar regions and the luxuriant richness of tropical countries, where almost every spot to which moisture is applied teems with animal and vegetable life. And the alternation of winter and summer in temperate climates may be almost said to bring under our own view the opposite conditions of those two extreme cases."

We find that the direct effect of cold to the surface of the body, or any part of it, is the checking and deranging of the excretory and secretory process, as of the perspiration externally, the secretion of the glandular system of the internal surfaces, throat, and lungs; causing their secretions to be thickened, giving rise to irritation and inflammation, forming bronchitis, cough, and expectoration.

It is shown by these great principles, and the minutiae of the physiologist, that life is dependent on the influence and power of heat for the maintenance of the healthy state of vital action, and shows the medium through which we should seek to rectify its derangements.

(For remedies see cold in the head, or cold on the chest, that from which the patient may mostly suffer.)

A COLD IN THE HEAD.

It is said that a person has taken cold in the head when there are frequent sneezings, watery and inflamed eyes, when there is a sense of fulness and stoppage of the nose, with some degree of cold shivers and flushes of heat. I have often observed the fact that whenever one part suffers much from heat or inflammation an opposite part or the extremities are cold and torpid. When the head is thus affected the feet will be found to be cold, which should be warmed by being bathed in warm water to which a little salt has been added; half a pint of warm composition tea should be drank, or tea of any diaphoretic herbs, such as yarrow, feverfew, fumitory, angelica vervain, &c., to which should be added a little cayenne or other pepper, taking four or six lobelia pills at night, and two opening pills, unless the

bowels are already too much open. This treatment should be repeated several nights in succession, taking the following mixture during the day :—

Bog Bean	1 oz.
Marsh-mallows	$\frac{1}{2}$ oz.
Meadow Sweet	1 oz.

Simmer in one quart of water for half an hour ; when cold strain off and bottle, adding anti-spasmodic drops, one or two drachms, or tea-spoonfuls ; quinine, thirty grains. If the drops cannot be obtained, a little cayenne should be substituted.

Dose.—A wine-glassful three or four times a day.

(For change of recipes see Index.)

A COLD ON THE CHEST.

There is mostly soreness of the chest, with increased secretion of mucus in the throat and lungs, in consequence of a slight inflammation of the mucous membrane of those parts ; attended with cold shiverings, succeeded by transient flushes of heat ; in many instances increasing to a considerable degree of fever. There is a cough more or less severe in all cases, which if neglected or improperly treated may prove obstinate and dangerous ; and where there is any constitutional weakness of the lungs it is likely to terminate in consumption ; but if treated with attention as here directed will seldom, if ever, so result.

For a recent cold on the chest of only a few days' standing, the feet should be bathed in hot water when going to bed, four or six lobelia pills taken, and two aperient pills, unless the bowels are in a relaxed state, in which case the latter will be better omitted. Half a pint of hot tea should be taken each night, either of the composition powder or of some diaphoretic and expectorant herbs. The following we have found by experience to be some of the best for this disorder :—

Take of horehound, hyssop, and marsh-mallows each one ounce ; cut them small and scald with water one quart ; when cool enough to drink add from half to a whole tea-spoonful of anti-spasmodic drops to each half-pint, or if these drops are not to hand, make pungent with cayenne or other pepper, or to one pint of the same infusion add

Anti-spasmodic Drops	$\frac{1}{2}$ oz.
Tolu Syrup.....	2 ozs.

A wine-glassful to be taken three or four times a day. The whole of this treatment should be continued for a week or more, and if there be much phlegm, shortness of the breath, or any sickness felt in the stomach, an emetic of lobelia should be taken in the after part of the day, or in the evening. (For directions for taking emetics see Index.)

The syrup of lobelia and the acid tincture of lobelia are very efficacious remedies, as also are the following recipes. Expectorant and demulcent mixtures:—

Take of Anti-spasmodic Drops.....	$\frac{1}{2}$ oz.
„ Emulsion of Sweet Almonds	12 ozs.
„ Syrup of Tolu	2 ozs.
„ Ipecacuanha Wine	$\frac{1}{2}$ oz.

Dose.—A wine-glassful three or four times a day.

Take of Essence or Distilled Water of Hyssop	6 ozs.
„ Lobelia Syrup	2 ozs.
„ Vinegar of Squills	$\frac{1}{2}$ oz.
„ Syrup of Tolu	3 ozs.

Dose.—A wine-glassful three or four times a day.

Either of the last three prescriptions may be chosen, or all can be used in succession, giving each sufficient trial, and if the patient does not get well, or, at least, considerably better from this treatment, there will be reason to believe that a more deeply-seated disease exists, either from some natural weakness of the lungs, or a previously long-standing disordered condition; in which case the Thompsonian Botanic Course of Medicine should be given and repeated according to the nature of the case. (For further particulars see Index for course of medicines, which should be followed up either with the daily medicines as before, or any of those under the head of consumption.)

PLEURISY (PLEURITIS).

This takes place when an inflammation principally affects the serous membrane which lines the internal surface of the thorax (chest), called the pleura; it is a thin membrane or

skin, of strong texture, which lines the whole of the inner surface of the chest, and completely covers the lungs, a fold of it passing directly across from the spine to the centre of the breast-bone, forming two cavities, one for each lung. In some instances the inflammation is partial, affecting one place in particular, which is most commonly on the right side. It comes on with an acute or pricking pain in the side, which is much increased by making a deep inspiration, accompanied by flushing in the face, heats, and chills; the pulse is hard and strong, frequently vibrating under the pressure of the finger. Pleurisy is caused in much the same way as other inflammations of the chest, by exposure to cold, and by the susceptibility to it from some particular condition of constitution, or by some pre-existing derangement.

The treatment should be: heat applied to the feet and legs, a poultice to the side, with cayenne or mustard sprinkled on the face of it, and gently rubbed into the surface with wet fingers. A little of a warm tea should be drank frequently, made of horehound, hyssop, and marsh-mallows (one ounce each to a quart of water), adding to it a tea-spoonful of the nervine drops to half a tea-cupful, or if not to hand, a tea-spoonful of the anti-spasmodic drops, or made pungent with cayenne or other pepper. The bowels should be evacuated by injection as soon as possible, or opening medicine given in the afternoon and evening.

If this treatment does not properly remove the pain and relieve the breathing in less than twenty-four hours, then the botanic course of medicine should be administered, or only a partial course may be found sufficient.

(For particulars of course of medicine, and the prescriptions as directed for inflammation of the chest, &c., see Index.)

INFLAMMATION OF THE LUNGS.

This, like all other inflammations, is ushered in by cold chills, followed by a hot and dry skin; there is laborious breathing, a sense of tightness across the chest, and a dull pain in some part of it, which is increased by coughing or by drawing a long breath; there is also generally a dry harassing cough at first, which is much relieved when ex-

pectoration takes place and comes off freely. The expectoration varies both in colour and consistency, is often of a red tinge or streaked with blood, and usually of a glutinous nature.

The cause of inflammation of the lungs is generally some constitutional weakness of those organs, which, together with the effect of a severe cold, especially occasioned by the sudden transmission of the temperature of the air we breathe, as upon leaving warm rooms or crowded meetings, and going suddenly into the open air, talking and walking through the streets, drawing in with hurried breath the cold, damp, or foggy atmosphere into the delicate tissue of the lungs which contracts them, and causes irritation and inflammation either of the lungs or pleura. It is caused, also, by whatever obstructs the perspiration of the body and circulation of the blood, as long or frequent exposure to severe cold, or a damp atmosphere, wet clothes, wet boots, and the neglecting to change them as soon as within doors. These are positive and frequent causes.

M. Prus pronounces his adherence to the opinion that this disease is essentially an inflammation of the intervascular cellular tissue, and does not necessarily involve any lesion of the bronchial tubes or air cells.

Dr. Beech says :—"This affection varies exceedingly in intensity, from a slight cold to violent inflammation and ulceration. It sometimes assumes a typhoid character, when it is termed 'typhoid pneumonia.' When the liver is implicated, and bilious symptoms are very prominent, it is called 'bilious pneumonia.'"

Lænnec and Andral found that pneumonia, for the most part, commenced in the inferior lobes of the lungs.

Cullen's definition of pneumonia is "fever, pain in some part of the chest, difficult breathing and cough. There is always an increase in the fibrin of the blood. Chills and tubercles are the two most common causes of the disease. Most cases of pneumonia occur during cold or winter weather." -

This disease is always accompanied by bronchitis, and often by pleuritis. The substance of the lungs is gorged with blood or bloody serum. It is of a dark red colour externally; sometimes mottled or variegated, solid or hepa-

tized. When there is yellow matter, it is one indication that suppuration has commenced in the pulmonary texture. In several hundred cases of dissection, Lænnec met with five or six cases of abscess in the course of twenty years.

In this disease the bronchial tubes are inflamed. There may be bronchitis without pneumonia, but not pneumonia without bronchitis.

The seat of pneumonia is in the extensive capillaries of the lungs, through which the blood of the whole system is continually passing; this causes the severe and intense character of pneumonic inflammation. This pathological character is important to know in relation to treatment.

The lungs are overwhelmed with the sudden and extensive congestion, and the function of respiration is consequently so much impeded as to occasion sometimes a partial asphyxia, in which case the surface of the body or the extremities becomes pallid or purplish, the extremities cold, and the pulse very small, frequent, and feeble, causing great prostration of the vital powers. Hence the important object on which recovery mainly depends is to unload these organs of their undue burden, by equalising the circulation, by returning to the collapsed vessels of the skin from whence it had been drawn, the blood preternaturally collected in the lungs. When the equalisation of the circulation of the blood has been accomplished, all the urgent symptoms subside, and the danger becomes proportionally diminished, and thus the pulmonary congestion and all the dangerous consequences of this pathological condition of these vital organs are prevented, and convalescence follows.

THE TREATMENT

should be the same as advised for the severe cold on the chest, with heat to the feet and poultices to the chest, and a course of medicine (see Index), followed with the tonics and other supporting remedies.

If this treatment be carefully and fully carried out in the particular way that has been directed, and each portion of it at the particular times specified, they will meet the proper stages or turns of the disease for which they are adapted, and will simultaneously with nature and in her own way

assist her efforts. It will also set free the excretions and secretions that may have been checked or stopped by the contracting effects of the cold; and then by following up with the tonics and other supporting remedies as advised, the system will be strengthened and enabled to extend the good that was begun, thus preventing any relapse or return of the paroxysms. Again, if this treatment be brought to a successful issue, the recovery will be continuous and rapid, and health will be re-established in two or three days.

This we have often been enabled to accomplish by these means, where there might otherwise have been many weeks' illness, or a much injured constitution, and, perhaps, death.

Small quantities of lobelia syrup or tincture should be taken for some time after if any cough continue.

CONSUMPTION (PHTHISIS).

THE prominent symptoms that always accompany this malady are :—

- Firstly.*—A fevered state in some degree, and systematic repetition in changes of temperature.
- Secondly.*—A cough, more or less severe, especially on going to bed at night and on first rising in the morning.
- Thirdly.*—An expectoration of phlegm, white and frothy perhaps at first, later of muco-purulent matter, and sometimes blood.
- Fourthly.*—Great loss of flesh and muscular power, with a pallid countenance, which is sometimes slightly flushed, or is easily caused to be.

Phthisis, or consumption, is very uncertain in its manner of attack, and in the degree of intensity of its symptoms; but it generally exhibits itself by a short dry cough, which is so slight and painless at first as seldom to attract the patient's notice, but which may soon be attended with an expectoration either of a frothy or thickened colourless mucus, and subsequently with a yellowish opaque matter similar to that which is seen in an ordinary cold; on

feeling the pulse it will be found to be quicker and smaller than usual, and to have a jarring kind of feel under the finger, which will be obvious to anyone. The patient experiences a daily shiver, or chilliness, which is succeeded by flushes of heat to the face, or to the palms of the hands and soles of the feet, or in some degree over the body generally.

These premonitory symptoms frequently continue in their variable course of a daily ebbing and flowing in the chills, heats, sweats, and remissions for a considerable time, but much less in degree on some days than on others, and the patient may often feel nearly well for a short time; but, apparently from being so susceptible to cold will fall ill again, and so continue in turns to get worse by degrees.

These symptoms may continue for many months, or even years, according to the constitution and the various circumstances a patient may have to pass through, especially such of them as influence the temperature of the body, either by lowering it from the standard or deranging its proper distribution. Yet nearly all through such periods the appetite may be good or even rapacious, and other functional derangements are sometimes hardly noticeable, which often delude both patient and friends. The whites of the eyes have a bluish tint or pearly whiteness, with a bright yet mild expressive appearance, the cheeks being flushed or very pale at times. The last part of the disease is marked by all the previous symptoms in a more aggravated form; the night sweats, as they are called (but which mostly take place between the hours of three and six in the morning) are more profuse and exhausting, and the debility and emaciation are greatly increased; acute pain is sometimes felt in the chest or in one or both sides, the breathing is shorter and quicker, and the body becomes wasted almost to a skeleton; the pulse in the meantime is small, and frequently varies from a hundred to a hundred and twenty or thirty beats in a minute; a frequent and copious diarrhoea often comes on, with dropsical swellings of the legs and feet, hoarseness or failure of the voice, and cadaverous expression of countenance, which invariably denotes the consumptive patient.

Dr. Graham writes, in his *Modern Domestic Medicine*, respecting this disease:—"The earliest *symptoms* of con-

sumption are often insidious and obscure. The patient is, perhaps, sensible of an unusual languor, and breathes with less freedom than formerly, so that his respirations are shorter and increased in number. He coughs occasionally, but does not complain of its being troublesome, and rarely expectorates at the same time; yet if he make a deep inspiration, he is sensible of some degree of uneasiness in a particular part of the chest. These symptoms gradually increase, and at length the pulse is found quicker than usual, particularly towards the evening; a more than ordinary perspiration takes place in the course of the night, and if the sleep be not disturbed by coughing, a considerable fit of coughing takes place in the morning, and the patient feels relaxed and enfeebled. This may be said to form the first stage of the disease.

"The cough increases in frequency, and, from being dry, is accompanied with a purulent mucus, varying according to the peculiar modification of the disease, from a watery whey-like sanies, occasionally tinged with blood, to an expectoration of nearly genuine pus; and the malady is now decidedly established. The fluid spit out may be livid, deep-black, light-brown, light-green, or yellowish-white; flattened or round, hard or soft, fetid or without smell. In many cases it is very scanty, and it may happen that there is no expectoration at all, for in the apostematous species the sufferer has now and then died before the abscess has broken. Commonly what is called a *vomica*, or abscess in the lungs, is the result of the softening and bursting of a mass of tubercles. The uneasiness in the chest, only perceived at first on making a deep inspiration, is now permanent, and attended with a sense of weight; the hectic fever has assumed its full character, and the patient can only lie with comfort on one side. The strength now fails apace."

Yet in the earliest stages of the disease there is frequently a desire in the minds of patients to evade the acknowledgment of being so bad as they actually are, and a marked willingness to express a hope of recovery, at least when there is a period of ease from the more trying symptoms, which is more felt and for longer periods on some days than others.

It is a very common occurrence to hear a consumptive patient say, "Doctor, if you would only cure this cough I

should be well," as though the cough were the only evil or annoyance that needed attention. This hopeful state of mind, which is so common in consumptive patients, and which is so often commented upon by writers on this disease, goes to show that the remission is much more perfect than it has usually been considered ; and that it is of a periodical nature, there being some portion of the day when the patient feels generally better, hope springing from the better feelings during this pause in the disease, or remission of its more distressing symptoms.

The paroxysms of the cough, and many other painful and distressing states of both body and mind, however, have their period, and are of much longer duration on some days than others. It may be observed that the dreadful condition of despair is more strongly marked than the little hopeful state of nature, which latter, perhaps, in the greater number of instances lasts no longer in the mind of the patient than while giving utterance to the words which express it, when the hope is abandoned on painful recollection of what has been passed through, and what may be expected from sad experience to be suffered again at the usual periods of the nightly distress.

Dr. Beech said, in speaking of this remarkable feature of hope in consumptive patients, that he once saw a physician deceiving himself until the very last week of his life, when there was the most palpable evidence to show that the lungs, and the lungs only, were diseased.

This tendency to hope is beautifully alluded to in a poetic sketch of consumption by an anonymous author :—

Then came Consumption, with her languid moods,
Her soothing whispers, and her dreams that seek
To muse themselves in silent solitudes :
She came with hectic glow and wasted cheek,
And still the maiden pined, more wan and weak,
Pale, like the second bow ; yet would she speak
The words of hope, even while she passed away
Amid the closing clouds, and faded ray by ray.

This hopeful state points out the remission, which is the fourth stage ; recurring every day in some degree, and with some duration in every case, and continues to do so, with a little variation, throughout the whole disease, some days better and some days worse, being influenced in part by changes of the weather, the various circumstances of life

through which a patient may have to pass, and the summer season of the year, which often causes a considerable abatement in the severity of all the symptoms for weeks, or even months, which time affords, perhaps, the best opportunity of effecting a cure, by perseverance with proper remedies, during this partial yet extensive remission in the severity of all the symptoms. Unless proper constitutional treatment be practised, so as to strengthen and lengthen the remission, the patient will be sure to experience a relapse, with increased violence, in all the daily changes of febrile and other distressing symptoms. It is the daily repetition of the feverish changes that carries the disease on by almost imperceptible degrees and insidious persistency.

Dr. Dickson, by his discovery that these four stages—chill, feverish heat, sweat, and remission—in some degree pervade all diseases, and by his publication, *The Fallacies of the Faculty*, has been the means of removing three of the greatest banes that even afflicted the human race, viz. :—the systems of extensive blood-letting, starvation, and salivation, that a few years ago were so universally practised throughout the civilised world ; and has thereby done more to improve the practice of medicine and the position of the faculty than all that had ever been previously accomplished throughout the whole course of the history of medicine.

He also discovered that the condition during the stage of remission in these changes that follows immediately on, or exists during the decline of, the sweating stage, was the one in which the administration of tonics and other supporting remedies resulted in more permanent benefit than in the condition of relief obtained from any remedy during the paroxysms of the disease or the other stages.

Great assistance can and should be rendered to nature during each or several of the stages ; for instance, in the feverish or hot stage diaphoretics and other evacuents should be given to relieve the system of many obstructions, as pure stimulants, such as cayenne internally, and the vapour bath externally ; these will open the pores of the skin, and cause a free flow of perspiration and all the other excretions and secretions of the body ; and, lastly, with an emetic of lobelia inflata to rid the stomach of its vitiated

contents, simultaneously cleansing the lungs of all the accumulated phlegm and other matter, and thus obtaining the remission both more completely and many hours before nature's struggles alone would have been able to accomplish it. This will also save the patient a long feverish struggle, and obtain several hours of an improved condition, which should be properly supported by tonics, stimulants, and nourishments, until and during the time that nature has her habitual period of remission, after which further effort for improvement can be made and much benefit effected.

All these obstructions having been removed, nature is free to complete the healthy order of action and re-establish these functional operations necessary to maintain her vitality in a more healthy state.

The causes of consumption are numerous. There is often a predisposition to it in a constitutional weakness of the lungs, and a scrofulous tendency in the system; but the immediate exciting cause may be anything that obstructs the perspiration or any secretion or excretion of the body to any great extent; for the natural evacuations are more essential to the continuance of the vital functions of the economy than the supply of nourishment to replace them; as in some instances the evacuations could not be stopped many minutes, and in others but a few hours, without producing fatal results; though we could live without a supply of food to replace them for many days.

Dr. Carpenter, after giving minute details of the vital operations, expresses himself thus:—"We have now passed in review the various processes by which the products of the disintegration of the animal tissues are carried off; and we have seen that the necessity for their removal is much more urgent than for their replacement."

Perhaps the most extensive cause of consumption is the frequent change of the weather which tries the constitution, especially in the chilliness produced by the changes of its temperature, and the moisture of the atmosphere. It is very often produced by exposure to a cold and damp atmosphere, and by leaving crowded meetings or hot rooms, talking and walking in the streets, drawing in with hurried breath the cold, damp night air immediately after having inhaled for some time the hot air of the room.

The great contrast of temperature in the delicate tissue of the lungs contracts the air cells and checks them to some extent in their vital operations, which in a delicate state of constitution often produces inflammation of the lungs ; and as this disorder in the greater number of cases is improperly treated, and but partially relieved, it consequently forms consumption.

Sleeping in a damp bed room (such as the top room of a house, which is cold and damp for at least two-thirds of the year, and, by reason of its exposure to the summer sun, the hottest room during the remaining part) is very trying to the constitution, and one of the most fatal causes of consumption, as such apartments are under the entire influence of the extreme changes of the weather. The damp of autumn and the cold of winter render such rooms totally unfit for sleeping apartments, unless a fire be kept in them for a space of five or six hours every evening. If the bed clothes of such apartments, where no fire has been kept for some days, be aired, the vapour that would arise from such as soon as they were placed near the fire would astonish many. Breathing this damp atmosphere all night, and the body being enveloped in the damp bed clothes, are circumstances baneful enough to form consumption even in the strong and healthy ; but being in a warm and comfortable room, or around the fire, in the evening, then retiring to a cold damp bed room, thereby undergoing a sudden transition from heat to cold, is, as many authors say, the most frequent cause. It is the nightly repetition of such trials of constitution that forms the very derangement and establishes all the periodical changes that constitute the very disease.

The chilliness, the feverish heat as seen in the hectic flush, the sweat by night, which may be either general or partial, are very distressing, and are succeeded by some degree of remission, which may last for a few hours, or a much shorter period in each day. Many patients have dated their consumptive state from the time when they imprudently slept in a damp bed, experiencing a severe shivering fit at that period. There are many diseases that often give rise to this malady, as inflammation of the chest or lungs, pleurisy, small pox, measles, and other malignant forms of fever, but which, in numerous instances, positively

result in pulmonary consumption, in consequence of having received imperfect treatment.

It arises also from frequent and excessive debaucheries, drinking freely of strong liquors, violent exertions, from the passions or affections of the mind, as grief, disappointment, anxiety, too close an application to study without sufficient bodily exercise, great evacuations, as in diarrhoea, diabetes, fluor albus, the immoderate discharge of the menstrual flux, continuing to suckle too long under a debilitated state, frequent late hours and night air, nightly watching for any length of time, or whatever debilitates the constitution, thereby lowering the heat of the body and losing the standard of temperature or the proper balance of distribution, without the loss of which there can be no disorder nor disease, and from which there can be no departure without a corresponding amount of derangement.

TREATMENT OF CONSUMPTION.

Take of Horehound and Hyssop, cut small, each 1 oz.

„ Comfrey Root, pulverised or bruised... 1 oz.

Steep in one quart of boiling water ; when cool strain and add of nervine drops $\frac{1}{2}$ oz. Take a wine-glassful three or four times a day, also a few small doses of the lobelia syrup when the cough is troublesome in the evening or night, or, if preferred, the lobelia pills may be taken instead of the syrup, four or six each night.

Two or three days of this treatment will prepare the system for the botanic course of medicine (see Index) which should be administered during the hot feverish state of the patient, when the pulse is quickest, which may be looked for in the afternoon or in the evening, between the hours of six and ten o'clock. It is not good, however, for either the patient or attendant to leave it to too late an hour.

Directly after the thorough operation of the emetic a little gruel made with milk and flour, with three or four teaspoonfuls of brandy added to it, should be given, and other nourishment prepared in readiness to be given a few hours afterwards, as beef tea, or, if preferred, some more gruel as before, or any such nourishing food. The supporting medicines should be administered about six a.m., if the patient be awake, or as soon as he is perceptibly better.

Dr. Mattson says respecting emetics:—"Fears are sometimes entertained that a patient is too much debilitated to admit of vomiting, but I have administered lobelia emetics in the last stages of disease, with no other hope than that of affording mere temporary relief; and vomiting, I have observed, has been performed with perfect ease, accompanied in many instances with an increase of strength. I do not wish to inculcate the doctrine that emetics are to be given indiscriminately to weak patients, for there are numerous cases in which they are entirely inadmissible; but I do not conceive that debility alone is a prominent objection where it is necessary to evacuate the stomach of its vitiated contents."

Professor Ware remarks that "emetics may be given toward the close of a fever," and says "they are not prostrating, as is supposed, but increase rather than diminish the strength."

Dr. Good said that "there are few persons so debilitated as not to bear vomiting."

The following cases bear full testimony to the success which has attended our treatment:—

In the year 1871, a Miss Marsh consulted us respecting a severe cough, pains in the chest and sides, loss of voice and shortness of breath; we treated her, and by the third interview she had so far recovered that she did not take any more medicine, though we told her we feared the recovery was not complete, and could not be permanent. The next winter she returned in an advanced state of consumption, and, remembering our previous caution, promised to continue the treatment until we thought the cure completed, if cure were possible. We carried her through our usual course of medicine, with few variations, arrested the disease, and restored her to health; there was a slight cough the following winter, which was speedily removed, and since that time she has enjoyed as good health as ever she has done in her life.

There are many recent cases, some of a very similar character, we could quote, but we prefer one, of a patient we cured thirty-one years ago, which we trust will suffice to show the permanence of the cure.

Extract from a letter received in 1850:—"Dear Sir,—

For the benefit of all suffering from consumption, I feel it my duty to make known the extraordinary cure of my wife by your treatment, that thousands suffering from this disease may avail themselves of its speedy and effectual benefit, for after she had suffered long from a severe cough, extreme debility, continual expectoration of offensive matter, great difficulty of breathing, and copious night sweats, I considered it my duty to have you to see her; and when you came, and expressed it as being a very doubtful and dangerous case, you could promise nothing until you had seen the effects of the medicine produced in a week, on account of her extreme weakness, you began and finished without administering a single emetic—as you observed at the first, that the mildest treatment, with the most particular care, would be the only way that relief could be obtained, or have the slightest tendency towards effecting a cure; and from the time she commenced to take the medicine she began to get better, and when you next visited her she had greatly improved; her cough had much abated, her appetite was restored, and she began to regain her health and strength, and in ten weeks from the time you first saw her she was perfectly cured. Thus it was from the simple and efficacious remedies of your system, pre-eminently calculated to afford that very kind assistance to the entire constitution of which this lingering malady stands so much in need, that the required boon was found.

“Myself and wife will ever feel grateful to you for the cure you have performed, and will be happy at any time to confirm this statement, as she still enjoys perfect health and strength.

“Witnesses, { HENRY CLEMENTS,
 { MARY CLEMENTS,
 { MRS. A. TAYLOR.

“14, Wellington Place, Clifton,
late of the Bristol Chambers.”

The following extract from Dr. Graham's well-known work, *Modern Domestic Medicine*, page 316, affords ample testimony as to the curableness of this disease:—“In some instances, if the organic disease is recent and very slight, it is possible by a cautious and skilful mode of treatment to

remove it entirely. Indeed, in a few cases the patient may recover and live for years after considerable organic disease has existed. For example, persons have perfectly recovered from such an attack of consumption as could leave no reasonable doubt of there being rather extensive organic injury in the lungs, and in a part of such cases dissection performed on the death of the patient several years after has fully ascertained the fact."

DIARRHŒA.

DIARRHŒA is well known to be a complaint in which the evacuations from the bowels are loose and too frequent, with, however, little griping. They are sometimes offensive, and in some instances mixed with particles of undigested food. There is often some degree of sickness attending this disorder. If the motions are copious, they soon reduce the strength of the patient, for they drain away the serous or watery part of the blood. The disease is produced by a variety of causes, such as intemperance in eating and drinking, vitiated bile, acidity arising from imperfect digestion, exposure to damp, and the vicissitudes of the atmosphere.

Dr. Elliotson says :—"The causes of the disease are, in the first place, too much food. If a person eats a great deal it must find its way out ; and it does. There must be more exportation in proportion to the importation ; so that diarrhœa is very frequently an effort of nature ; and the person would be badly off if he had not diarrhœa. Improper articles of food will give rise to diarrhœa. Everybody knows that if he take something which disagrees with him he will suffer from it. Nature makes a proper effort to get rid of it. Frequently new articles will occasion diarrhœa. If a person eat something to which he is not accustomed, although it may be excellent in its kind, it will frequently give rise to the disease. Children suffer exceedingly if they are weaned too early or too suddenly. There is a peculiar kind of diarrhœa in infants, called 'weaning thrush.' If children be weaned before nature is ready for

the change, or if the change be made too rapidly, diarrhoea takes place. Children cannot bear the sudden change from milk to common food ; whereas, if they be strong and be weaned gradually, they bear the alteration of diet very well. Cold, especially after heat, is another common cause of this complaint. The mind, too, has a very great effect. Fear is generally considered to operate very strongly on the intestines."

Our diarrhoea or cholera powder is a safe and specific remedy in all cases of this kind, from the simple summer complaints, or looseness of the bowels, to the cholera morbus, or Asiatic cholera. Where, however, this powder cannot be readily obtained, any one or two of the following herbs or roots will be found effectual in re-establishing the natural action of the bowels and promoting a due perspiration :—Tormentil herb or root, bistort root, white pond lily root, red raspberry leaves, yarrow, and meadow sweet. The first three of these are by far the most potent in their action, the last three operating mildly. It requires an ounce of either of these to make a pint of tea, but if in a powdered state half an ounce is sufficient. To the infusion, half an ounce of either the anti-spasmodic or the stimulating drops, if obtainable, should be added ; if not, any kind of pepper or spice, with half an ounce of tincture of myrrh, will in the majority of cases answer the purpose.

(See index, also, for astringents, in *Materia Medica*.)

DROPSY.

THIS disorder is characterised by a collection of a watery fluid in the cellular substance of either muscular or membranous tissues, or of one or more internal organs, or of the cavities, as the abdomen or the chest.

It is variously named according to the part or organ that is first or most affected.

The swollen state of the body in which the serous humour is spread between the skin and flesh (which is medically termed *anasarca*, and described as a general accumulation of lymph in the cellular system) is the general understanding

occasioned by a loss of the natural power and action of the secretory and excretory systems, which is often caused by a check of the perspiration, as cold, in cases where there also exists at the same time some disordered state of the kidneys, or of other organs or glands. From this absence of free action of the skin, extraneous morbid fluids are retained in the system, which are constantly generated by the disintegration of the body, and which should have been expelled by the natural outlets as waste matters. These waste matters, from having received some considerable check, are deposited in the cavities and tissues of the body, and form the swelling called dropsy. The cure, therefore, must depend upon the restoration to the secretory and excretory organs their free and proper functions, and the chief reliance must be placed upon a constitutional treatment for that effect, and not upon diuretics and hydrogogue purgatives only, as is usually done—a system of forcing the kidneys and bowels, depending on an excessive draining of the two parts for the whole work of the body in eliminating the excretions and secretions.

The most efficient treatment known to remove any obstructed state of the secretions and excretions of the human body is the Thompsonian course of medicine. (See Index.) If there be costiveness, two of the aperient pills should also be taken occasionally. After this, if the pulse or the age of the person does not warrant the full Thompsonian course, and water is still to be observed by the swelling not having totally subsided, a partial course should be administered two or three times a week. The mixture may also be changed for the following :—

Juniper Berries.....	1 oz.
Seneka Root	1 oz.
Foxglove	$\frac{1}{2}$ drm.
Cloves	$\frac{1}{2}$ drm.
Cayenne.....	2 grains.

Boil in three pints of water for half an hour. Dose : a wine-glassful every two or three hours during the day.

The following will be a very good addition, as a tonic, to the day mixture :—

Tincture of Serpentary Root	1 oz.
„ „ Lavender	1 oz.
Anti-spasmodic or stimulating drops	$\frac{1}{4}$ oz.

A tea-spoonful of this tincture should be added to the first dose or two of either of the mixtures which are taken in the day, especially if the patient be weak or low, either from old age or long standing disease. If half an ounce of the syrup of buckthorn be taken at night, with the alterative powder or the aperient pills, it will have a beneficial effect.

If any of the articles mentioned in the recipes cannot be obtained, any one of the following diuretic herbs may be substituted :—Pellitory of the wall. clivers, broom seeds, parsley root, and burdock root. (See Index for diuretics.)

If the patient be young, the constitution good, and the disease has come on suddenly, it will be most readily removed by the Thompsonian course of medicine. This will, by simultaneously arousing every function of the system, increasing circulation, secretion, and excretion, do more in a few hours towards the removal of the disease than would be likely to be accomplished by any other system in weeks or even months; and if soon followed by diuretics, tonics, and pure stimulants combined, will, when well and fully carried out, and if necessary repeated, soon effect a cure. But if the disease arise from debility, or if it result from any other disease which has been improperly treated (as is often the case with inflammation of the kidneys, lungs, liver, or other internal organ, or their membranes) the treatment may be of a less active nature, the best of which is the constant application of hot poultices over the kidneys. The poultices we have generally used have been of Irish moss. About five or six ounces should be warmed in hot water and applied, with several thicknesses of flannel placed on outside the poultice, and bound on with a bandage round the body. It is necessary to have two of these poultices, so that time may not be lost in applying a fresh hot poultice when the other has cooled; it is also necessary to add a little fresh moss occasionally that the substance of the poultice may be kept up. About one pound of moss is required, which should be divided into three parts, two of which should form the poultices, and the other be kept to supply the deficiency

when they have shrunk from repeated use. They should be continued day and night for three or four days in succession, and the following medicine taken —

Broom tops (cut small).....	1 oz.
Diuretic Powder	$\frac{1}{2}$ oz.
Boiling water	1 pint.

To be kept warm, taking a table-spoonful every hour, and from four to eight of the No. 1 pills each night (the number to be increased or decreased according as they agree with the stomach).

DROPSY OF THE HEAD (HYDROCEPHALUS).

This condition of dropsy, Dr. Hooper says, is distinguished by authors into external and internal.

1st.—*Hydrocephalus externus* is a collection of water between the membranes of the brain.

2nd — *Hydrocephalus internus* is when a fluid is collected in the ventricles of the brain.

The symptoms of this disorder are : preternatural slowness of the pulse, pain in the head, particularly across the forehead, dilatation of the pupils, vomiting or nausea, stupor or convulsions. It is almost peculiar to children, being rarely known to extend beyond the age of twelve or fourteen. It generally or only arises in children of a very delicate or scrofulous constitution, and has been observed to affect all, or the greater part, of the children of the same family at a certain period of their life ; which shows that it depends more on the habit of body or constitution than on any accidental cause.

“ This disease has at first the appearance of a slow fever ; the patient complains of a pain in the crown of the head or over his eyes ; he shuns the light ; is sick, and sometimes vomits ; his pulse is irregular and generally low ; though he seems heavy and dull, yet he does not sleep ; he is sometimes delirious, and frequently sees objects double ; towards the end of this commonly fatal disease the pulse becomes more frequent, the pupils are generally dilated, the cheeks flushed, the patient becomes comatose, and convulsions ensue.”

"In the present class of diseases, we understand a collection of serum in the different cavities or parts of the body, impeding or preventing the due exercise of the various functions of the system. Diminished absorption or increased infusion, or both united, is generally considered a proximate cause of the different species of dropsy. But it has always appeared to me that this was not the primary cause. It is well known that it is the office of the kidneys to secrete serum from the blood ; but where, in functional or organic diseases of these organs, they become incapable of performing their office, the serous fluid, instead of being carried off, is retained in the circulation in an undue quantity ; the absorbents are incapable, from its excess, of carrying it off ; it therefore collects in various cavities, and gives rise to all the phenomena of the disease. In proof of this it will be found that in every species of dropsy the kidneys are more or less affected."

That treatment we have given for general dropsy is also adapted to dropsy of the head. This form of the disease, however, occurring in children only, the doses are to be regulated according to the age of the child—under three years one tea-spoonful three times a day, from three to five years two tea-spoonfuls three times a day, from five to ten years one table-spoonful three or four times a day. The mixture should be sweetened, and given to the younger children in an equal quantity of water. The same rules and remarks, in respect to the administration of a Thompsonian course or partial course of medicine should also be observed in treating this form of the disorder. It may be here remarked that it is seldom necessary in this affection of children to give the full course. We have seldom found it necessary to give more than the alterative powders at night and the mixture by day, and to advise hot bathing of the feet and legs in the evening, and care in diet, to effect a cure.

(See Index for Thompsonian course of medicine.)

DROPSY OF THE CHEST (HYDROTHORAX).

This is a preternatural collection of serous or watery fluid, either in the cavity of the chest or pleura, in the

substance of the lungs, or cavity of the pericardium. It often comes on with a sense of uneasiness at the lower part and centre of the chest, with some difficulty of breathing, and mostly pain or stiffness in the loins, which are increased by any exertion, and on lying down, or during the night when the body is in the horizontal position. It generally gives the particular symptom of the swelling of the eyelids in the morning. It is also attended with considerable thirst; a cough which is at first dry, and in time some expectoration of a thin mucus; there is paleness of the complexion, and towards evening swelling of the feet and legs, with sudden startings from sleep, anxiety, and palpitations of the heart.

Dr. Hooper says :—"The symptom which is more decisive than all the rest, is a fluctuation of water being perceived in the chest, either by the patient himself or his medical attendant, on certain motions of the body, which proves beyond a doubt the reality of the presence of the disease. The causes which give rise to the disease are pretty much the same with those which are productive of the other species of dropsy. In some cases it exists without any other kind of dropsical affection being present; but it prevails very often as a part of more universal dropsy."

A positive case of this disorder we attended some fourteen years ago :—A young man, about seventeen years of age, who upon going into the country for the benefit of his health, got wet from being overtaken with heavy rain on his journey, and neglected to change his clothes on arriving at his destination; and having, in addition to this, got wet on the following day also, he soon became ill in consequence, and daily grew worse. He returned home in about a fortnight, and sent for us. We found that he suffered from pains in the lower part of the chest and in the loins; the eyelids were swollen in the morning before getting up from his bed; there was slight dropsical swelling of the feet and shins in the evening, with shortness of breath, cough, thirst, dryness of the skin, and occasional chilliness; all of which symptoms, by the administration of the vapour bath and the emetic in the evening, followed by appropriate medicines during the day, and a repetition of hot poultices over the kidneys for about three days and nights, were soon relieved, and finally

removed. He was completely cured in less than a month, and lived for twelve years after, when he died of consumption, brought on by habits of late hours and intoxication.

The treatment for this affection is the same as that for general dropsy, for which see Index.

EAR-ACHE—(*OTALGIA*).

THIS disorder, when it arises from cold, generally affects the membrane of the outer cavity of the ear (*meatus auditorius externus*); when arising from fevers or any other ill condition of the body it may more frequently affect the membrane which lines the inner cavity of the ear (*meatus auditorius internus*). It is most commonly caused by cold; often by badly-treated measles, scarlet fever, or putrid sore throat; and, occasionally, from the introduction of some foreign body into the ear, such as an insect, or any other irritating substance. It often proceeds from a sudden suppression of perspiration, or from the head being exposed to cold when covered with sweat. Restlessness and anxiety frequently characterise this affection. Some persons are much troubled with ear-ache on exposure to cold, which usually depends on the natural weakness of the organ, or an unnatural susceptibility imparted to it by some other disorder. In such a state a little wool should be loosely worn in the ear to defend it from the external air, and every appropriate means be taken to strengthen both the part and the general constitution.

Dr. Graham says:—"Sometimes ear-ache is connected with chronic ulceration in the internal or external part of the ear. In this case there is sometimes a constant fetid discharge. In all chronic affections of the ear, a soothing plan of treatment is the best; and it should be particularly remarked, that this organ will not bear tampering with, as, from its vicinity to the membranes of the brain, improper or irritating applications are frequently dangerous. But pain in the ear may be so severe as to indicate the presence of inflammation, which will be known by the accompanying

frequency and the hardness of the pulse, and the presence of fever. One of the best modes of treating this disease is by exhibiting an emetic, combined with a purgative medicine. This will often cure ear-ache far more certainly and more speedily than blood-letting, blisters, fomentations, or any other means ; and the reason is that this complaint generally originates from derangement of the digestive organs, which the emetico-purgative medicine is eminently calculated to correct. Now and then the pain spreads from the ear over the whole, or a great part, of the head, attended with high fever, giving us reason to suspect that the inflammation has extended to the brain ; delirium not unfrequently follows, and the disease becomes dangerous. The most powerful local and general means must now be combined, and the proper course to be pursued will be found under the head of *Inflammation of the Brain*. It is a fortunate circumstance, however, that the most violent forms of inflammation of the ear more frequently terminate in suppuration than in death ; and if the brain has partaken of the inflammation, the suppuration of the ear generally relieves it."

The treatment of a first, or recent attack, in most cases, needs only to be an application of warmth and stimulation. A little of the inside part of a hot roast onion may be placed in the ear with a little wool outside and a flannel bound round the head to keep it to the part. If the patient be a child, care should be taken that the onion is not too hot. Warmth to the feet is also very beneficial. Another excellent way of relieving the pain is to hold the ear over the steam of a jug of hot feverfew tea, or of hot vinegar and water, having a cloth over the head to keep the heat confined. A little of the alterative powder should be taken at night, or some mild aperient medicine, and a tonic, as quinine, gentian, or centaury tea, in small doses three times a day. But where the above treatment does not prove sufficient, from the case being of a more serious nature, it will be necessary to administer an emetic, either with the hot or vapour bath ; and alterative powders, or aperients to act on the bowels, taking care to keep the skin moist. Any of the tonics recommended in indigestion may be given.

Dr. Hugh Smith gives the following receipt—

Ox Gall 3 drachms.
 Balsam of Peru..... 1 drachm.

Mix. A drop or two to be put into the ear with a little cotton.

Where inflammation of the brain is believed to exist, the full Thompsonian course of medicine should be administered as soon as possible, for which see Index.

ERYSIPELAS (ST. ANTHONY'S FIRE).

IN the first appearance of this disease there is a shining redness and swelling of the part affected, accompanied with a burning sensation, itching, smarting, and sometimes distressing irritation or acute pain. Frequently serous or watery effusion takes place from the inflamed surface elevating the skin into smaller or larger blisters or watery eruption, the contents of the vesicles being transparent; but after the fluid loses its clearness, becomes thicker, opaque, and whitish or yellowish. The cuticle or outer skin gives way, the fluid escapes, and incrustations form, which, with proper treatment or in mild cases, soon fall off, leaving a new sound skin, or in very bad cases they may lead to superficial ulcerations, or even produce gangrene, but this is of comparatively rare occurrence. It appears in various parts of the body, but more especially the face, eyes, ears, and extremities.

Dr. Mattson says :—"These symptoms are usually preceded by lassitude, chills, heats, loss of appetite, sickness at the stomach and pains in the head. The inflammation is sometimes at first confined to a small spot, but it gradually spreads to a greater or less extent over the surrounding surface. When the face and head are the seat of the malady, the symptoms are mostly violent. The features are often so much swollen as to close the eyelids, and the tendency to delirium is often great. The period at which the vesicles show themselves is very uncertain. The same may be said of the duration of the eruption. In mild cases it often disappears gradually, or is carried off by spontaneous

sweating. In some cases it continues without showing any disposition to decline for twelve or fourteen days, or longer. The trunk of the body is sometimes attacked with erysipelatous inflammation, but less frequently so than the extremities. When erysipelas attacks the face it comes on with chilliness, succeeded by heat, restlessness, thirst, and other febrile symptoms, with a drowsiness or tendency to coma or delirium, and the pulse is very frequent and full. At the end of two or three days a fiery redness appears on some part of the face, and this extends at length to the scalp, and gradually down the neck, leaving a tumefaction in every part the redness has occupied. The whole face at length becomes turgid, and the eyelids are so much swelled as to deprive the patient of sight. When the redness and swelling have continued for some time, blisters of different sizes, containing a thin colourless acrid liquor, arise on different parts of the face, and the skin puts on a livid appearance in the blistered places; but in those not affected with blisters, the cuticle, towards the close of the disease, falls off in scabs."

Now, as in the first or mild condition there must have been some previous derangement of constitution, so must there have been worse derangement in cases of a violent kind. In debilitated states of constitution the disorder generally advances in a gradual manner, while in strong persons, from indulgences and indiscretions of life, such as late and heavy suppers, the use of strong drinks, &c., the disease may come on more suddenly, and with more violence.

In delicately-constituted patients, begin with a mild aperient and diaphoretic, as our alterative powders, or aperient and lobelia pills, with hot bathing, either of the whole body or only the feet and legs. All this is better done in the afternoon or evening, and should be done to that extent so as to induce a free perspiration and evacuation. A tea made by scalding centaury, yarrow and balm—half an ounce each, in one quart of water—and made pungent with cayenne or black pepper, should be drunk during the day, and kept warm, as on the hob or in a mildly-heated oven taking from half a pint to a pint daily. After continuing this treatment for three, four, or more days, take the following :—

Barberry Bark	½ ounce.
Yarrow	½ ounce.
Marsh-mallows	½ ounce.

Simmer gently for half an hour in one quart of water, strain when cool, and add twelve grains of sulphate of quinine, one drachm of carbonate of ammonia, and a small quantity of pepper. Dose : one wine-glassful three times a day.

In the strongly-constituted patients, where it is of the worst, or acute form, and the pulse is high, a more active treatment is necessary. The alterative powder, or dose of pills, should be given on the first evening, and repeated in about two hours ; the vapour bath also should be administered, taking half a pint of composition or yarrow tea, made pungent with cayenne pepper, while in the bath.

If the inflammation continue to run high the next day, the bath and hot tea should be repeated in the afternoon or evening, and an emetic of lobelia taken soon after ; the other medicines, as before directed, being taken in the day.

Some of the best outward applications are the powder of slippery-elm bark, or any kind of mealy flour, except the patented. It should be dried and frequently dusted on the affected part. In some instances, however, it has been found sufficiently efficacious to keep the parts lightly covered with cotton wool.

SHINGLES.

This is another species of erysipelatous inflammation, in which a number of red patches appear on the skin close to each other, most frequently extending nearly round the waist like a belt. In some few instances it has taken a direction over the shoulder and down to the groin. The first symptoms are those of heat, itching, and tingling of the part, which when examined is found to be studded with small red patches of an irregular shape, upon each of which numerous minute elevations are seen clustering together. In the course of another day or two these vesicles enlarge to the size of small pearls, nearly transparent ; or in a few instances are nearly opaque, or soon become so. During the next few days other clusters arise in succession with great regularity, that is, almost in a line with the first, and

passing nearly round the waist. The eruption or small blisters burst and terminate in thin dark crusts, or scales, of a brownish colour ; in some cases, however, they dry up without the formation of scabs, and in a few others they are followed by tedious ulcers.

This affection is preceded by, and accompanied with, some derangement of stomach, sometimes with sickness, head-ache, thirst, and feverishness, and is often caused by intemperance in eating or drinking, and by sudden changes from heat to cold.

The diet in this disease, as in all others, should be easy of digestion—beef tea, gruel, and the like, should be taken for the first few days, and the ordinary meal of meat and vegetables abandoned until some improvement is obvious. Dock ointment is of service when the disease is on the decline ; the vapour bath, also, is particularly useful in this complaint. For further treatment see Erysipelas.

FEVER: ITS CAUSES AND NATURE.

ALL matter has long been ascertained to be constantly undergoing change, and it is so with the living human body in the highest degree. Dr. Dickson says :—"From the earth, and to the earth, the matter composing our bodies comes and goes many times, even in the brief space of our mortal existence.

As more than one quarter of mankind are said to perish by fever, it is of importance to be acquainted with its causes, nature, and treatment. The most frequent causes are exposure to cold, either from draughts or damp, more especially so when the body is in a state of perspiration. All sudden transitions from heat to cold, or from cold to heat, are also sources of fever, being the suppression of the evacuations of excretion or secretion.

The most prolific sources of disease are cold and damp. When the atmosphere is dry and cold, it seldom causes much disorder ; but in wet and cold weather the system becomes more susceptible to morbid impressions, on account of the excretions being depressed : much depends, however,

upon the state of the body whilst exposed to any trial. Fever arises from derangement of the digestive organs, induced by errors in diet, impure air, and violent mental emotions; or, indeed, from any cause capable of reducing the standard of health, or, in other words, producing a loss in the power of vital action, destroying the equilibrium in the temperature of the body, and disturbing the healthy order of the action of its functions. Heat is the most universal power that regulates the rate of vital action (which may be seen by reference to Carpenter's *Manual of Physiology*, p. 60), therefore in fever we should view the body as a whole, for the derangement being in the temperature of the whole body, every part of the system must in all its vital operations be accordingly more or less affected.

Professor Jackson believes that "fever is a provision of nature for the safety of the animal economy;" that "it is sanative and salutary in design—the evidence of power and force which admits of remedial and curative operations."

The late John Stevens says:—"The first symptoms in disease prove a weakened condition of vital action. As the constitution re-acts, a new train of symptoms ensues, the pulse becomes quicker and stronger, the surface becomes hot and dry, and the system is in a state of feverish excitement; or, in other words, the patient has a fever. The constitution struggling against disease causes fever, and it is by this power of re-action that this disease is overcome.

Intermittent fever, as it is termed, commences with a chill. As the system re-acts fever comes on, and the recuperative efforts which occasion the fever restore the heat, bring on perspiration, and frequently other critical evacuations, more especially from the kidneys, by which the disease is partly or wholly removed, until the return of the succeeding chill, when the constitution institutes the same preservative, recuperative train of action.

In eruptive diseases, as small pox, measles, and scarlet fever, there is always general debility at the commencement, also chilliness and a disordered state of the stomach: these are the direct effects of the morbid agent that produces the disease, and but for a counteracting influence vital action would be overcome. The constitution establishes a reaction, or fever, by which the disease is thrown to the

surface, producing an eruption on the skin. The design of reaction or fever is to restore the lost heat and animation, or vital action, and remove all morbid and deleterious agents and their effects from the system, and thus preserve it from disease.

In fever, although the heat of the surface is increased above the natural standard, yet the amount of heat generated may be less than is produced in a state of health; for the secretions and transpirations from the skin and mucous surfaces are suspended, and thus the heat is locked up in the system; which is a provision of nature in order to sustain the recuperative functions and thus effect a crisis in disease. Experiments have shown that the blood, in the most inflammatory diseases, contains less positive electricity than it does when taken from one in health.

Dr. Hooper says concerning typhus, one of the worst forms of fever :—" In the very early period of typhus fever it is often possible by active treatment to cut short the disease at once; but where it has established itself more firmly, we can only employ palliative measures to diminish its violence, that it may run safely through its course. Among the most likely means of accomplishing the first object is an emetic; where the fever runs high we may give antimonials in divided doses, at short intervals, till full vomiting is excited; or, if there be less strength in the system, ipecacuanha in a full dose at once. Attention should next be paid to clear out the bowels by some sufficiently active form of medicine; and as the disease proceeds we must keep up this function, and attempt to restore that of the skin and the other secretions, as the best means of moderating the violence of vascular action. In cases where the skin is uniformly very hot and dry, the abstraction of caloric may be more actively made by means of the cold affusion, that is, throwing a quantity of cold water on the naked body of the patient, which measure has sometimes arrested the disease in its first stage; and when the power of the system is less, sponging the body occasionally with cold water, medicated, perhaps, with a little salt or vinegar, may be substituted as a milder proceeding. But where the evolution of heat is even deficient such means would be highly improper; and it may be

sometimes advisable to employ the tepid bath, to promote the operation of the diaphoretic medicines."

Dr. Carpenter in his *Manual of Physiology* says :—"The amount of fluid excreted from the skin is almost entirely dependent upon the *temperature* of the surrounding medium, being increased with its rise, and diminished with its fall. The *object* of this variation is very evident, being the regulation of the temperature of the body. When the surface is exposed to a high degree of external heat the increased amount of fluid set free from the perspiratory glands becomes the means of keeping down its own temperature ; for this fluid is then carried off in a state of vapour as fast as it is set free ; and in its change of form it withdraws a large quantity of caloric (heat) from the surface."

An attack of fever mostly commences with languor, debility, and sluggishness of motion ; the face and extremities become pallid, the general bulk becomes diminished, and the skin contracted ; a sensation of cold is next experienced down the back, as if a cold wind or fluid were descending along it, and this feeling gradually extends over the whole body, while it is, perhaps, morbidly warm ; the mind often becomes restless and confused ; the appetite departs ; nausea follows, and often vomiting ; the breathing is irregular and perhaps laboured ; there are also dull pains wandering about the joints and limbs, with one possibly fixed in the small of the back, which is often acute and gives great distress ; when it is seen that the secretions are universally diminished, the mouth becomes dry and thirsty, the skin dry and shrivelled, the urine scanty, and the bowels confined. These are the most prominent symptoms of the first or cold stage, which are sooner or later changed by alternate flushes of heat, the face becoming suffused and red, the skin of the whole body filling out, and feeling universally hot ; the heat generally increasing in intensity until midnight, the pulse beating high and the mind often wandering ; such are the phenomena of fever in its full and regular form, and which constitutes the second stage.

Soon after this the violence of these symptoms will begin to abate ; the patient will gradually lie more quiet, will doze more, or sleep longer than before. In four or five hours time the difference will be plainly seen by those who can

watch ; some degree of perspiration, either general or partial, taking place by the morning, which constitutes the third or sweating stage.

As heat as well as perspiration is transmitted through the skin, the temperature of the body becomes lowered and a more moderate degree of temperature prevails for a shorter or longer period, during which time a condition nearest to health prevails, termed remission. This constitutes the fourth stage, and completes the round of symptoms that universally takes place in some degree, and with varied duration, in all kinds or forms of fever.

But any one or more of these stages may vary both in length and in degree of intensity in almost every case ; and if nature, during these struggles in this round of trials has not succeeded in doing all that is necessary for obtaining an equilibrium (or a natural radiation) in the circulation of the blood and the temperature of the body, or if the powers be insufficient to maintain the more natural condition, then the temperature, pulse, and many other vital functions continue to sink, and so relapse into the low and cold stage ; when the rest of the train of symptoms, the feverish heat and some degree of sweat, and then the period of relief termed remission, follow. Thus when nature fails in accomplishing all that is necessary by her own unaided efforts, or is too exhausted to maintain the better condition (of remission) when obtained, the temperature invariably falls ; then follow again the round of chills, heat, sweat, and remissions, all of which generally continue to recur every twenty-four hours, until either the result is produced that is necessary to maintain the functional order of health, or the vital powers sink by exhaustion into the cold and low stage, unable to call up again the reactional power of heat and animation. Death then ensues.

This is the case where the fever has ranged too high for power of the constitution, or where the stages have been permitted to recur too many nights and days. The constitution sinks from exhaustion so low, and continues so long in the cold stage, that vital action is overcome, and can no more call up the recuperative function of reaction, but continues to sink into the complete repose of death.

If, however, proper aid and support be given at the times and turns of which we have spoken, removing the obstruction, strengthening and steadying vital action, this critical state of disease may be turned out of danger in two or three hours, and the subsequent weakness cured in a few days. This we have often done ourselves, and have seen accomplished by others who have in their own families adopted this system of practice.

That these stages or deranged states of temperature universally take place in fever, and to some extent or degree in all other diseases, was discovered and proved by Dr. Samuel Dickson, which discovery was published by him in 1836.

By adaptation of proper remedies for each or several of these stages, we have cured many cases of various disorders after they had been pronounced incurable by several of the old practice, and left to die.

In recent acute cases of immediate danger, to which we have attended all night, applying remedies and watching these stages or turns until the violence of the symptoms had been entirely relieved, we have found that at the period of relief there was more quiet rest, sleep, and easy breathing, with a complete perspiration and natural composed expression of features; followed on awaking with an easy pleasant look. This we have seen even in the child or infant, whose mother coming into the room in the morning has kissed her child and joyfully exclaimed, "My darling is better." Then by immediately following it up with medicines of that class which have the power of continuing the functions as they find them (Dr. Samuel Dickson's discovery), and thus strengthening and lengthening the better condition that was obtained from the one night's treatment, an hourly improvement was exhibited throughout the day; and by night, instead of the paroxysms of bad symptoms returning, as they otherwise would have done, the patient has slept well, and risen well the next morning. Thus perfect health and strength have been established in two or three days.

This we have accomplished by injections, or, if time permitted, aperients, to evacuate the stomach and bowels; by pure stimulants and the vapour bath to promote perspir

and by an emetic to cleanse the stomach of its vitiated contents, and thus, by directly removing all obstructions, invigorating the skin, promoting the appetite, aiding digestion, and giving free action to every function and organ of the body, producing a more natural and healthy condition. As soon as the operation of the emetic was over, some gruel made of flour and milk was given, to which was added a tea-spoonful of our nerve drops, or, in the absence of the drops, two or three tea-spoonfuls of brandy, and a very little cayenne, or, if preferred, any other pepper.

In a few hours after this kind of treatment an improvement will be seen ; when tonics, nervines, nourishment and stimulants can be given, such as arrowroot, or gruel with the drops, or brandy, &c. In half an hour or so after give medicine as follows :—

Scullcap Herb and Valerian Root, each ... $\frac{1}{2}$ oz.
Of either Yarrow or Angelica..... 1 oz.

Scald them with one pint and a half of boiling water, when cool and strained off, add of

Quinine..... 30 grs.
Our Nerve Drops..... $\frac{1}{2}$ oz.

Dose : a wine-glassful every two hours while in an improved condition. As a change or choice of medicine, the following may be given :—

Centaury and Balm, each..... 1 oz.
Yarrow and Meadow Sweet, each..... $\frac{1}{2}$ oz.

Scald with one pint and a half of boiling water, when cool strain, and add of cayenne pepper one or two grains.

Dose : a wine-glassful about every two hours.

It is sometimes found beneficial to add a tea-spoonful of brandy to the first two doses of medicine in the morning, and if the bowels should be costive, or any unfavourable symptoms should come on in the evening or at night, some alterative or aperient with diaphoretic should be given at that time—such hour of unfavourable symptoms to be noted, and a dose of quinine or camphor given an hour or two before the returning period comes again the next day and day after. Whenever any such fluctuations take place,

constant care should be exercised that the tonics are given as soon as an improved condition is obtained. If the throat should be sore, use the gargle (see Index); if the kidneys do not act, or if the urine is not passing well, see Index for diuretics, and add one or two to the day mixture; if very bad, use more positive means as there directed; or if sickness or any other particular derangement should present itself in a case, treat accordingly.

Thus, by first relieving the whole of the body, you will afterwards succeed with the remaining symptoms, which you could not otherwise do by beginning with such local symptoms, as is usually attempted. It will now be seen that by injections, vapour baths, emetics, and pure stimulants (as cayenne), all obstructions are removed, the channels of outlet set free, the excitement equalised, and the blood and caloric restored to their natural circulation.

To support the system in all these vital operations by tonics, nourishment, and stimulants (each and all being applied at the proper times and conditions) constitutes the great plan and obtains the grand desideratum of all medical treatment—Health.

HEARTBURN.

THIS is an uneasy sensation about the pit of the stomach, attended with burning, bitter and nauseous eructations or belchings, and sometimes vomiting. It is in some way or other generally connected with indigestion, and may proceed from a foul stomach, or be occasioned by eating very fat meat, or rich pastry, especially in persons whose stomachs are weak, or those who suffer from indigestion, derangement of the biliary organs, or a disordered state of the liver. It also often arises from debility of the stomach. Although it is extremely troublesome, yet it is not considered dangerous unless it be of long continuance, in which case it may occasion head-ache, giddiness, and even paralysis.

For the immediate relief of heartburn the following articles have been found highly serviceable:—

Rhubarb.....	1 drachm.
Bicarbonate of Potash ...	3 "
Cinnamon	1 "
Sugar	1 tea-spoonful.

The whole to be rubbed together, and then mixed in a small tumbler of cold water ; sip frequently, from four to six hours, or until relief be obtained. Another remedy is a tea-spoonful of magnesia taken in cold water or mint water, and repeated in twenty minutes or half an hour if not relieved by the first dose. We cured a very severe case some time since by means of a small tea-spoonful of Peruvian bark powder given three times a day in a little water. If the complaint be owing to a state of pregnancy, the white of an egg mixed with sugar and water will often prove remedial. In the majority of cases the sufferer, in order to be permanently cured, must undergo the treatment for indigestion.

HICCUP.

THIS is a spasmodic affection of the diaphragm, generally arising from irritation produced by acidity in the stomach, error of diet, &c. Excess of food or drink, or either taken in a hasty manner, especially by those who have weak stomachs, is often a sufficient stimulus to excite hiccup, and hence the frequency of the complaint among infants.

This affection generally passes away of itself ; where it does not, however, it usually yields to the sipping of cold water for two or three minutes, taking care not to let the hiccup occur between the swallowings. Vinegar and water is also a good remedy. Any volatile spirit in any agreeable vehicle, and either the antispasmodic or the stimulating drops, are excellent for the speedy relief which they afford.

All persons subject to frequent attacks should be attentive to their diet, the regulation of their bowels, and resort to the means recommended under Indigestion, for strengthening the stomach and system in general. One of the best remedies for children is a little magnesia given in mint water once a day, and, where there is costiveness, in combination with rhubarb.

HINTS ON THE MANAGEMENT, AND DISEASES, OF CHILDREN.

OUR state of infancy has been observed to be more helpless than that of any other animal, and stands much longer in need of care and protection ; in consequence of which the infant often suffers much from improper management and neglect. At this period of life the foundation of a good or bad constitution is often laid ; it is therefore important that parents should be well acquainted with the various influences which may injure the health of their offspring.

First, then, parents should be careful not to overfeed infants. but should regulate both the quantity and the time of their meals—this is quite practicable even in the earliest days of infancy : perhaps, indeed, this is the very age when such a regulation may be most easily attempted and effected, because it is that stage when such constant uniformity will become best established, and the revolutions or functions of the several organs and their secretions be more fully performed, and by such regularity to digest the meal at such accustomed periods.

Periodicity is a universal law in all our functions, and we should do well if we could keep all our daily habits more in conformity with it. As regards the nature of the food to be supplied in the first part of infancy, nature not only points out the food most proper, but actually prepares it. The mother's milk is unquestionably the best food for an infant, and the sooner the child is put to the breast the better, even though it should be within an hour after its birth, for this will excite the secretion of milk. A child soon after birth shows an inclination to suck. It is true the mother's milk does not always come immediately after giving birth to the child, but that of gratifying the inclination of the child is the best and most natural way to bring it ; besides, the first milk that the child can draw from the breasts answers the purpose of cleansing better than all the drugs in the apothecary's shop, and at the same time lessens the danger of sore nipples, inflammation of the breasts, fever, and other

disorders to which mothers at such times are liable. Again, the first milk of the mother seems to have been designed by nature to cleanse the bowels of the infant of the meconium, or dark matter, or fæces, which they contain at birth.

Children may seem to thrive for a time without the breast, but they all, or nearly all, frequently suffer from disordered states of the stomach and bowels, which often brings on inflammation of either one or other of those parts. The greatest care, therefore, is required, both as to the nature and quantity of food given to young children who are either partially or totally brought up by hand.

We know that mothers are not always in a condition to suckle their children, but every mother who can ought certainly to perform so tender and agreeable an office. Many advantages would arise to individuals from suckling their children. A much longer period between the births of their children would be a natural result, as it is found that those who do not suckle their children have them in very rapid succession. If the mother has not sufficient milk of her own, then the child must have something given it which shall be so near in composition as possible to the mother's milk, and we know of nothing (excepting a wet nurse) better than a mixture of cow's milk, water, and loaf sugar—two-thirds milk, one-third water, and a small quantity of loaf sugar—which can be given by means of the feeding bottle, if commenced within the first two or three weeks of the child's life; but after that period it will be very often a difficult matter to get the child to take it in that way. A child needs nothing more nourishing than this during the first three or four months. After that age a little sopped bread may be given. Boil the bread in water, afterwards pour the water off and mix with the bread a proper quantity of new milk, unboiled. Milk is both more wholesome and nourishing this way than boiled, and is less apt to occasion costiveness. Too much sweetening in the food is bad; as, if a child be gorged with food at all hours, and enticed to take it by its exceeding sweetness, it will induce a craving for more food than ought to be given. When the child is eight or nine months old, rice, tapioca, corn flour, milk puddings, or an egg lightly boiled may occasionally be given if the child is in health; but

not, however, if the bowels are relaxed. This is often done by some people, thinking that eggs and cheese will bind the bowels, whereas the powers of the stomach at such times fail to digest such things, and entering the bowels undigested, irritate them, increase the inflammation, and so keep up the relaxed condition.

Children show a great desire for fruit, and if good ripe fruit were allowed those of proper age, in proper quantities, it would seldom, if ever, have a bad effect, but, on the contrary, often do them good; the state of the health at the time, of course, being judiciously considered.

Respecting the newly-born infant, it should always be borne in mind that the new motions which commence at the birth, as the circulation of the whole mass of blood through the lungs, the peristaltic motion of the bowels, and the actions or functions of other organs that are for the first time being called into play, afford some very strong arguments for exercising the greatest care as to the amount of pressure applied to the body of the infant in the form of rollers, bandages, &c. Dr. Buchan says on this subject:—"These organs not having been accustomed to move are easily stopped, but when this happens death must ensue. Hardly any method could be devised more effectually to stop these motions than bracing the body too tight with rollers and bandages. This is by no means inveighing against a thing that does not happen. In many parts of Britain at this day a roller eight or ten feet in length is applied tightly round the child's body as soon as it is born. Whoever considers these things will not be surprised that so many children die of convulsions soon after birth. These fits are generally attributed to some inward cause, but in fact they oftener proceed from our own imprudent conduct. I have known a child seized with convulsive fits soon after the midwife had done swaddling it, who upon taking off the rollers and bandages was immediately relieved, and never had the disease afterwards.

"Numerous examples of this might be given were they necessary. It would be safer to fasten the clothes of an infant with strings than pins, as these often gall and irritate their tender skins, and occasion disorders. Pins have been found sticking about half an inch into the body of a child

after it had died of convulsive fits, which in all probability proceeded from that cause."

The clothes of an infant should be adapted to the season, or weather at the time, and sufficiently loose to allow a free circulation of blood in every part of the body.

TEETHING.

IN early infancy nature designs for us the softest aliment, so that the gums alone are then sufficient for the purpose of chewing ; but, as we advance in life and require a different food, she wisely provides us with teeth.

The child begins to cut its teeth from the fifth to the tenth month after birth, and until this process is completed it is liable to be attacked by a variety of symptoms, such as swollen and painful states of the gums, dribbling of the saliva, frequently thrusting its fingers into its mouth, loss of appetite, restlessness, sudden starts or shriekings in sleep, feverishness, diarrhoea, and sometimes convulsions. The process of forming the first teeth commonly continues to the sixteenth month, sometimes much longer. It almost invariably begins with the incisors, or front teeth of the lower jaw ; two of these are universally cut, and then the corresponding ones in the upper jaw. After two teeth in each jaw have appeared, it is in some instances a considerable time before the contiguous ones come out ; but now and then six or eight are cut in hasty succession. The incisors are succeeded by the molars, or grinders, then the canine, and the last of all of an infant's first teeth, their antagonists, or the eye teeth ; making in all sixteen. This is the ordinary number of children's first teeth, though it is sometimes exceeded. In children who are strong and healthy this process goes on pretty much as above described, and the teeth are cut both easily and soon ; but in unhealthy and weakly infants the process is slow and uncertain. Children sometimes cut their teeth irregularly, or across, both by the teeth appearing first in the upper jaw, and also at a distance, instead of being contiguous to each other. This is accounted an indication of difficult dentition, which is usually accompanied with some of the symptoms before mentioned. Whenever, therefore, the

teething of a child is difficult or painful, have the feet and legs bathed in warm water and wrapped in flannel when going to bed, and give a dose of the child's aperient powder (as hereafter directed); if the child should be very bad, however, give it an entire bath, and, in either instance, a dose of the medicine, which aids the bath in inducing perspiration, which must be carefully kept up. If there be much tightness of the chest, or cough, an emetic should be given in about half an hour, or less, after the bath. A tonic mixture should also be prepared, ready for the morning, which should be begun with early and continued for several days, repeating the powder and bathing each night, or every other night, according to the necessity of the case.

The child's aperient powder make as follows:—

American Mandrake	1	drachm.
Rhubarb (in powder).....	1	„
Magnesia.....	1	„
Lobelia Herb Powder	$\frac{1}{2}$	„
Spice	$\frac{1}{4}$	„

Mix and divide into ten or twelve powders, according to the age of the child. It should be given in a little sugar and water.

The tonic mixture :—

Centaury Herb (or, if not to hand, Gentian Root will do instead)	$\frac{1}{4}$	oz.
Peppermint, or Spearmint Herb	$\frac{1}{4}$	„

A quarter of a tea-spoonful each of ginger and cloves ground. Scald in half a pint of water, and sweeten a little. Dose : two or three tea-spoonfuls every three hours. If there be much cough, a small pinch, or about three grains of powdered lobelia herb should be added to this mixture. Whenever there is any great difficulty in cutting the teeth, you may conclude there is some derangement in the stomach or bowels, with, also, some disorder in the temperature of the body, a fluctuation of its heat, and a loss in its natural standard. If the stomach be principally affected, let an emetic be administered, and bathe the feet and legs in warm water. This should be done in the afternoon or evening, and the child be put to bed. that perspiration may

be fully induced. If the bowels appear to be most disordered, and there be not much relaxation, give a dose of the child's aperient medicine instead of the emetic ; if, however, there be much looseness, give the child's diarrhoea medicine and the bath as before directed. These medicines have, either together or singly, a direct tendency to induce perspiration, and to bring about an equilibrium of the whole body, on which state only can health continue to exist.

The child's emetic :—

Lobelia Herb Powder	$\frac{1}{2}$ oz.
Lobelia Seed Powder	$\frac{1}{4}$ „
Cayenne Pepper	20 grains.

Mix, and give a child six months old as much as can be piled on a sixpenny piece. For a child one year old, half as much more, or so much as will lay on a shilling. A good bit of sugar or treacle and a little water should be mixed with it. Some warm stimulating drinks, such as weak composition or ginger tea, should also be given after the emetic, to make the vomiting easy. The emetic may be given either at one dose or a tea-spoonful at a time every five or ten minutes, until full vomiting takes place.

The Diarrhoea medicine :—

Tormentil Root Powder ...	$\frac{1}{4}$ oz.
Gum Myrrh Powder	1 drachm.
Ginger and Cloves	1 „

Scald in a pint of water, stir well, and let it settle. Sweeten moderately, and give two or three tea-spoonfuls every hour or two while the child is awake, until sufficient relief is obtained.

This treatment, with strict attention to diet and care in maintaining a moderate and uniform temperature, will be found sufficient to cure all the lesser ailments to which children are liable during the first two or three years of their lives ; and it is only necessary to increase the dose or strength of the medicine when they are still further advanced in age. The more formidable diseases are treated in other parts of the work. (See Index.)

Dr. Buchan further remarks :—“ Were physicians more attentive to the diseases of infants they would not only be

better qualified to treat them properly when sick, but likewise to give useful directions for their management when well. The diseases of children are by no means so difficult to be understood as many imagine. It is true children cannot tell their complaints, but the causes of them may be pretty certainly discovered by observing the symptoms and putting proper questions to the nurse. Besides, the diseases of infants, being less complicated, are easier cured than those of adults. The common opinion that the diseases of infants are hard to discover and difficult to cure, has deterred many physicians from paying that attention to them which they deserve."

Speaking of infants, he says :—"A sickly frame may be originally induced by hardships or intemperance, but chiefly by the latter. It is impossible that a course of vice should not spoil the best constitutions ; and did the evil terminate here, it would be a just punishment for the folly of the sufferer ; but when once a disease is contracted and riveted in the habit, it is entailed on posterity. Those who inherit any family disease ought to be very circumspect in their manner of living. They should consider well the nature of such disease, and guard against it by a proper regimen." It is certain that family diseases have often been cured by proper treatment and the exercise of care ; and there is reason to believe that in all or nearly all such cases, were a judicious course persevered in, the disease might be wholly eradicated. This is a subject very little regarded, though of great importance.

INDIGESTION.

THE disorder which is generally termed "indigestion" may, in the greater number of cases, with more propriety be denominated "disorder of the digestive organs at large," because "indigestion" applies to mere stomach affections ; whereas the latter is applicable to the large majority of cases in which the intestines as well as the stomach are implicated, and, indeed, all the organs concerned in chyli-fication and secretion.

Such derangements usually commence in a slow and gradual manner, giving the first warning of approach by an uneasy sensation in the stomach. The most striking symptoms are, a sense of oppression, or a distension after eating, depression of spirits, lassitude, flatulency, headache, giddiness, nausea, sallowness of complexion, a belching up of bitter or acid fluid, and often a mouthful of food, or, sometimes, bilious vomiting. The affection called pyrosis, or water brash, is also a symptom of scirrhus of the stomach. It attacks the patient generally in the morning or forenoon, commencing with pains in the pit of the stomach, faintness, and a sense of tightness, as if the stomach were closely drawn up to the back bone ; and the uneasiness is increased upon moving into an erect position, At last the limpid fluid is discharged in considerable quantity ; but this seldom occurs except in long-standing cases of indigestion, and then mostly in old people (in women more than men) and those who live principally upon food that is difficult to digest, and which furnishes very little nourishment, although it excites the palate considerably—such as cheese, toast soaked in butter, too much toasted bacon, or the outside cuts of baked or roast meats, that are browned and parched like a chip of wood, which contain very little more nourishment, and are nearly as hard to digest.

In a great many cases debility of the stomach is the cause, but in most cases it is seeking to satisfy the palate or taste rather than to nourish the body, by taking rich or indigestible food, or more than the body needs or can make use of, thus trying the stomach too much. It also arises from many other bad habits—for instance, smoking or chewing tobacco, drinking a large quantity of beer or spirits, or saturating the food, thus diluting the gastric juice and disqualifying it for dissolving the food as well as it would do otherwise. The condition of each individual constitution limits the quantity of gastric juice supplied to the stomach ; therefore, those who indulge in the luxuries of the table and eat heartily, frequently partake of more than the gastric juice has the power of dissolving, and that part which is left, or passes undigested, becomes a source of uneasiness or disorder. It is not, however, only in the

quality of the food which is taken, but also in the quantity. The latter, we are persuaded, is a more frequent source of evil than the former. The stomach is overloaded, and the food, not being digested, proves a source of irritation to that organ, which sympathetically affects the whole system.

Professor Caldwell says :—" Intemperance in eating is perhaps the most universal fault we commit. We are all guilty of it, not occasionally, but habitually, and almost uniformly from the cradle to the grave. It is the bane alike of our infancy and youth, our maturity and age. It is infinitely more common than intemperance in drinking, and the aggregate of the mischief it does is greater."

Many habits and occupations in life are likely to produce indigestion, as office work, working too much with the mind without giving sufficient exercise to the body, breathing an impure atmosphere, sitting in a cramped position, long abstinence with fatigue, exposure to wet and cold, or excessive purging, &c. Suppers for invalids, or persons with a weak stomach, should be light, easy of digestion, and small in quantity ; rich meats, either cooked or raw vegetables (particularly radishes, celery, &c.), cheese, pastry, nuts, and fruit (except roast apples) should be specially avoided. Weakening measures should be cautiously guarded against : the strength of the patient must be maintained, and even augmented to the utmost ; if any bad habit be the cause, it must be discontinued ; if from excess in eating or drinking, the diet must be moderated ; or if from want of exercise, walking or working in the open air should be gradually increased day by day, as moderate exercise after a meal greatly facilitates digestion.

TREATMENT.

No more food should be taken at any one meal than will easily digest, that is to say, moderation must be strictly adhered to, for any excess will be sure to excite unpleasant sensations and retard the process of recovery. If there is a fulness or distension of the stomach, or hot and sour belching, or wind and pain in the stomach, or pain between the shoulders, or in the right side, after a moderate meal, take

Centaury	1 oz.
Balm	1 „
Parsley Root.....	1 „
Yarrow	$\frac{1}{2}$ „
Cayenne Pepper about.....	3 grains (or a pinch).

Simmer in three pints of water for an hour. Dose : a wine-glassful three times a day. If the bowels are costive, take two mild opening pills about every other night. (See Index, pills No. 3.) The quantity of cayenne pepper used in every prescription should be regulated according to the following circumstances : the hotter the weather, or temperature of the body, or heat of the room in which the patient is confined the more pepper employed in proportion the better, in medicine and diet. If the patient is a person of moderate strength, and the pulse a little high, as is often the case when there is much disorder of the stomach (which will be indicated by a foul or coated tongue and offensive breath), an emetic of lobelia, &c. (see Index), should be given ; but if the pulse be lower than the average, take a few alterative powders (see Index), one each night (*instead of the emetic*), or from two to four lobelia pills alternately with the alterative powders, and a mixture by day of

Bogbean.....	1 oz.
Balm	1 „
Raspberry Leaves	$\frac{1}{2}$ „
Cherry Bark	$\frac{1}{2}$ „
Thompson's Rheumatic Drops...	1 drachm.
Bitter Almonds, pulverised	1 „

Simmer the first four mentioned articles in three pints of water for one hour, and then add the latter articles. Dose : a wine-glassful three times a day. If this course does not succeed, and if the pulse be moderately full, and the patient is not much above forty years of age, a full course of medicine should be tried (see Index) ; but after the age of forty, emetics may be administered only with great caution. The number and frequency of the emetics administered must be regulated according to how they agree with the patient ; in most cases two or three are sufficient if taken within a fortnight. The afternoon or evening is generally the best period for the emetic. If the patient is of a delicate

constitution, with a weak pulse and bad appetite, the emetics should be omitted ; if the other remedies be used, they will do much in the way of equalising the temperature, which in indigestion is always more or less deranged. At one part of the day the patient will generally feel either warmer or colder than in any other part of the day, especially in the hands and feet. This fluctuation of temperature causes every function of the body and mind to rise or sink with it, so that the patient may feel comfortable and comparatively well one day, or part of a day, and on another neither comfortable in himself nor agreeable to any one about him.

If the patient suffers from much fluctuation of temperature, vapour baths, without the emetics, should be given ; but if the tongue be foul, the breath offensive, and the pulse not below the standard, the emetic should be administered at the hot stage, either with or without the vapour bath, with medicine by day as follows :—

Centaury	1 oz.
Foxglove	$\frac{1}{2}$ drachm.
Balm	1 oz.
Angelica Herb or Root	$\frac{1}{2}$ „

Scald in one quart of water, strain when cold, and add

Cayenne Pepper, about	2 grs.
Spirituos Lavender.....	$\frac{1}{4}$ oz.

If there is much acidity of stomach or bilious rising, add

Bicarbonate of Soda.....	1 drm.
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Dose : a wine-glassful three or four times a day.

Where there is nervousness, the following will be found beneficial :—

Bogbean.....	1 oz.
Meadow Sweet	1 „
Scullcap Herb	1 „

Scald in three pints of water, strain when cold, and add

Quinine	1 drm.
Cayenne	2 grs.

Dose : a wine-glassful three or four times a day, taking aperient pills or alterative powders at night to keep the bowels regulated, or if the bowels are very costive, the alterative powders and aperient pills alternately. If there is a feverish heat, with quick pulse, the emetic should be taken, and a vapour bath administered for two or three following or alternate nights. In the day, while the patient is feeling better, the tonics and symptomatic medicines should be taken, as they will give support to the system, and thus save the patient from falling into the low state of temperature and vital action, and prevent the whole or a part of the bad symptoms returning, which they would otherwise be inclined to do, in the nature of most disorders, about mid-day or in the first part of the night. The hour should be noted when the patient is in the worst condition, either in temperature, restlessness, pain, or any other paroxysm that may occur ; and also the hour of the best condition ; as tonic medicines and supporting remedies taken then will maintain the better condition, and prevent the return of the paroxysm. This is of great importance.

The old proverb, "An ounce of prevention is better than a pound of cure," stands most conspicuously in the treatment of disease ; for successfully preventing the return of a paroxysm of any disease does a thousand times more good towards a permanent cure than the relief usually given at the time of the paroxysm.

This is our positive experience, and that of many others who have taken for their guide the changes of temperature which take place in every disease or disordered habit of body, and the effect of medicines on each or several of these changes ; as a means of obtaining and maintaining the natural equilibrium in the temperature, the circulation of the fluids, and more steady influence of nervous power, so producing a more healthy order of action in all the vital functions.

The advice and remedies set forth in this work are all duly considered and arranged in accordance with the foregoing law of nature, and the experience of upwards of forty years' practice.

Should there be habitual costiveness, combine quinine in a small quantity with one or more of the opening

medicines, or add some little aperient to any of the tonic receipts given, and take for a few days or a week ; either plan should be begun just after the bowels have acted, either from medicine or of their own accord.

Thus by combining symptomatic medicines with tonics, as diuretics and tonics for derangements of the kidneys, bladder, or urinary passages, and diaphoretics with tonics where there is a deficiency in the excretions of the skin or for any other local derangement in like manner, together with the aid of the alterative medicines at night, you will succeed in curing the so-called local disorders, which you could not do by local remedies only.

JAUNDICE.

THIS disease presents a yellowishness of the skin and eyes. The urine and even the perspiration soon become coloured, and the motions are whitish or of a clay colour. There is generally great languor and drowsiness, flatulency, bitter taste, foul and coated tongue, loss of appetite, nausea or sickness, and generally costiveness, with uneasiness in, and sometimes relaxation of, the bowels. There are also chills and heats, with a dryness and pricking or itching of the skin. "A dull obtuse pain is felt," says Dr. Hooper, "in the right side when the pain is very acute ; the pulse is apt to become hard and full, and other febrile symptoms to attend."

In severe or long-standing cases, the colour of the skin becomes sometimes of so deep a green as to have some blackness in its hue, which circumstance has given rise to the name of *black jaundice*. When there is long continuance of this disorder it is often attended by dropsical swellings.

Jaundice is most common at the middle and more advanced periods of life, and appears more frequently in men than in women. Dr. Mattson says :—"It is a curious fact that while the urine and perspiration in females communicate a yellow tinge to linen, the milk is unaffected either in taste or colour."

Dr. Hooper says of the causes of this disease as follows:—
 "It takes place most usually in consequence of an interrupted excretion of bile, from an obstruction in the *ductus communis choledochus* which occasions its absorption into the blood vessels. In some cases it may, however, be owing to a redundant secretion of the bile. The causes producing the first species are : the presence of biliary calculi in the gall bladder and its ducts, spasmodic constriction of the ducts themselves ; and, lastly, the pressure made by tumours in adjacent parts ; hence jaundice is often an attendant symptom on a schirrhosity of the liver, pancreas, &c., and on pregnancy."

This disease is caused by whatever obstructs the flow of bile from the liver into the bowels. The flow of bile from the biliary duct comes into the first six inches of the bowels, called the duodenum, where it meets the dissolved food just as it leaves the stomach ; this duct being obstructed, the bile is confined in the liver, and re-enters the blood, by the circulation of which it is carried throughout the whole body.

The circumstances which cause this obstruction are various ; the most simple is an accumulation in the stomach and duodenum of a viscid mucus, or thick slimy matter, clogging the biliary duct so as to prevent the passing of the bile. "In such a case as this," Dr. Hooper remarks, "jaundice is without either pain, gall stones, or spasm, and is relieved by the discharge of tough phlegm by stool." There is sometimes a preternatural thickening of the bile, and a gradual accumulation and subsequent stoppage of the passage of the duct. It often happens that gall stones are formed in the gall bladder itself, which flow with the current of the bile into the duct, where they get fixed on account of the smallness of the passage, thus causing stoppage. It may also take place from inflammation of the liver, or duodenum, or of the gall ducts, which may tend to the thickening of the bile ; so forming gall-stone.

It is easy to understand how any such mechanical obstructions may prevent the bile from flowing into the intestines, but, as Dr. Beech observes, "jaundice often arises under circumstances which do not admit of any explanation of the immediate cause of the obstruction ; for example, it occasionally arises suddenly from violent mental

emotions, as intense grief, terror, or a violent fit of rage; sometimes, again, it makes its appearance slowly, in consequence of long-continued domestic grief, jealousy, or disappointed ambition; it may also be brought on in consequence of the pain and shock given to the nervous system from falls, blows on the head, or any other part; from the reduction of a dislocation, the amputation of a limb, or the enduring of any other severe surgical operation; from the bite or sting of venomous animals, &c."

Dr. Dickson, speaking of spasmodic action, says:—"The subject of the disease termed jaundice, in ninety-nine cases out of a hundred, owes the yellow colour of his skin to spasm—spasm of the gall ducts."

We had, about twenty-seven years ago, a remarkable case of jaundice. We attended a lady at Hotwells who had been visited during the twelve months she had suffered with jaundice by two surgeons and one physician, by whom she was given up in despair. In the fourth week of our treatment she passed a gall stone, which is a concretion of biliary matter. It had a dirty yellow appearance, and was about an inch long by three-quarters thick, rounded at each end. From its shape it was evident that it had collected in the duct. In passing it caused much pain, from the difficulty experienced at the many turns of the bowels, which, however, was relieved by repeated injections into the bowels during one day and night. Finally, the gall stone was brought away, which we still have in our possession. The lady was nearly seventy years of age when this occurred, and was under our treatment about six weeks. At the end of that time she was in perfect health, and had remained so when we saw her nine years afterwards.

The treatment of this case, and many others since, was principally as follows:—

Centaury	1 oz.
Barberry Bark.....	½ "
Parsley Root	½ "

Boil in a quart of water for a quarter of an hour, and pour it boiling on one ounce of hyssop, in a jug. When cool strain and add one drachm of carbonate of ammonia, half-drachm of curcuma, and about two grains of cayenne;

sometimes, for any feeling of sickness, adding one drachm of essence of spearmint, and a little sweetening. The aperient pills or alterative powders should be given on alternate nights, and the feet bathed in hot water several nights in succession. Raw eggs should be taken daily, as follows :—two beaten up in a little cold spring water every morning and taken fasting, and one beaten up in the same way every four hours through the day. If, however, the stomach will not well take so many, reduce the number to four, or take only the yolks of them in the water as directed, or with a little sugar and spice. Our experience gives us great confidence in the raw eggs.

This complaint owes its origin to the stoppage of the mouth of the *ductus communis choledochus* (the duct which carries the bile into the intestines) by some tenacious gluten obstructing either totally or in part the passage of the bile into the duodenum, and thereby occasions its return into the blood. Dr. C. White says :—"My supposition is, that eggs act as a dissolvent of the gluten which obstructs the mouth of the duct, thereby opening a free passage for the bile into the duodenum. We know that yolks of eggs will destroy the tenacity of gums and resins, and render not only them, but also oils and natural balsams miscible with water. Considering the solvent property of the yolk of eggs, and that eggs must afford a nourishment almost void of acrimony, and yet nourish the body in other respects as meat, they answer a double purpose—as medicine and food—for this reason the raw egg in jaundice should never be omitted." There are several articles of medicine that have had the reputation of curing jaundice, as centaury, celandine, barberry bark, blood root, golden seal, &c.

Although patients may recover from jaundice by the use of one or more of these supposed specific remedies, yet they are not to be relied upon like the plan of treatment and remedies previously recommended. The course of medicine is sometimes necessary, for which see Index.

LEPROSY.

THIS is a cutaneous disease appearing in dry, white, thin, scurfy scabs, or scaly round patches, which may spread to a large extent, forming continuous crusts and irregularly rounded patches of very large extent. The scabs are not transparent, yet they frequently resemble mica in surface and colour; they are constantly being separated by desquamation, and leave a reddened, smooth, and glistening surface, being quickly reproduced as long as the disease is advancing; when it declines these surfaces become covered with healthy skin.

This disorder has been divided by Willan into three varieties, under the names *lepra vulgaris*, *lepra alba*, and *lepra nigricans*; the fact is, however, that the symptoms which he has proportioned to each of these names are a mere division of the one disease, in whose course, as it proceeds in any one case, all the symptoms may arise. Dr. Hunt has observed that this squamous disease has, simply from its different degrees in extent and severity, indicated further divisions, to which have been assigned the following names, *psoriasis diffusa*, *psoriasis guttata*, and *psoriasis inveterata*.

Concerning the different species or varieties of leprosy, Dr. Graham says:—The scabs may be either dull-white, dusky or livid, or glossy-white; he does not speak of these varied states as having separate names, but considers them as belonging to one and the same disease, which is also *our* opinion.

We had a case some twenty-seven years ago, of many years' standing, at Newport, while lecturing at that place. A lady about forty-five years of age, whose body and limbs were so covered that there were few spaces as large as the surface of a finger between any of the parts or large patches of incrustation, from the running together of what were formerly small ones. It was a very extreme case; the face, the palms of the hands, and soles of the feet only escaped. The scabs formed a hard cracking crust nearly over the whole body, with many fissures extending into the inflamed

true skin beneath, and forming raw and sore chaps, some of which often bled. Her sufferings were severe ; for three days at a time the whole surface would be discharging a serum, saturating everything applied to it, in consequence of which she was obliged to keep her bedroom during the whole of that time. When the serum much abated and by evaporation formed again into scaly crusts, she was distressed with almost perpetual itching, burning, and smarting, which broke her rest at night, and so further deranged her health. These two conditions (the moist and dry) were alternate, each being about three days or a little longer in duration. When we had attended this lady a few weeks, she had become so much improved, both in her bodily health and the condition of the skin, that after the delivery of one of our lectures her husband stood upon the platform and bore testimony to the benefit she had received. Just about this time circumstances obliged them to locate themselves in some other town, after which we never heard more of the case.

By the plan of treatment here laid down we have cured a great number of cases of leprosy.

Dr. Hunt remarks about this class of disease :—" That squamous (scaly) diseases are not of local origin is satisfactorily demonstrated by the universal failure of topical remedies, when relied on alone for their permanent cure. And in confirmation of the truth of this theory, it may be observed, that it is out of the power of any local causes to produce the diseases properly included in this category. I have ascertained, by a long course of experiments, that the *true squamosæ* are all susceptible of cure, without any external application whatever. Even baths of every kind (however desirable for purposes of cleanliness and comfort) are by no means essential to the destruction of the disease.

" If the papulæ (pimples) happen to appear, primarily, in very small clusters, precisely the same process produces at the outset the appearance called *lepra alphoides*, so named from the whiteness of the scabs. This form of the disease occurs chiefly in children and in persons of delicate organisation, and shows itself on the limbs, particularly at the elbows and knees. At length, by mere extension it may assume the form of *psoriasis diffusa*, which consists simply

of small leprous patches, irregularly confluent, losing their circular appearance in the multiplicity of the points of contact between the original patches."

Dr. Wilson says :—" The scaly eruption or dry tetter, is a form of inflammation of the true skin, distinguished from the rashes and pimples by the alteration of the scarf skin which immediately covers the inflamed part. In the onset the eruption makes its appearance as a small, dull-red, or salmon-red spot, slightly raised above the level of the surrounding skin, constituting, in point of fact, a flat pimple, almost as large at its summit as at its base, and ranging in size from that of the head of a pin to that of a split pea. Upon the surface of this pimple the scarf skin becomes roughened, and after a little while a very distinct circular scale is produced. The little scale increases in thickness by the addition of fresh layers to its under surface, and has a bright silvery lustre, which is due to the thinness of its laminæ and the sponginess of its texture. The persistence of the eruption in the form I am now describing—namely, as small raised spots scattered over the skin, each spot being surmounted with a white, silvery, laminated scale, constitutes one variety of scaly disease termed *lepra guttata*, from the Greek and Latin words *lepra*, a roughness, and *gutta*, a drop, the appearance of the eruption giving the idea of a number of drops of water hanging from the skin. The eruption does not, however, constantly retain its early spotted character ; more frequently the spots increase in dimensions, and spread out into the form of circular patches, having the size of a shilling, half a crown, or crown piece. This enlarged growth naturally requires time, and in proportion to the period occupied in growth is the thickness of the laminated scale ; the latter, however, never exceeds in thickness a wafer or a piece of moderately thick cartridge paper, and always preserves its beautiful silvery aspect. I have already, more than once, announced a principle of cutaneous pathology in the changes which accompany the circular growth of all the eruptions of the skin, namely, the decline of the disease in the centre, while the outward march takes place by the circumference, until a distinct ring of greater or less dimensions is produced. Another illustration of this principle occurs in the scaly eruptions, for as soon as

the spot attains the dimensions of a fourpenny or sixpenny piece, and still more as it becomes larger, a distinct depression is apparent in the centre of the little patch, with a consequent rising towards the outward edge.

"These are the characters which distinguish the common dry tetter, technically *lepra vulgaris*. By the time the circular patches reach the size of a shilling or half crown the scales usually fall off, the last part to give way being the central point, which, as it is the oldest, is also the most dense and generally the thickest. Two other designations have been given to the scaly eruption, as characteristic of varieties of appearance, namely, *alphoides* and *nigricans*. The former of these which simply means "white," is applied to the eruption when the patches cease to enlarge after attaining the size of a fourpenny or sixpenny piece, the scales at this time being whiter than at any other. The other term relates to a lividity in the hue of the patches when they occur in persons of a weakly and debilitated constitution, the liver being of the same nature with the blueness of the lips and fingers of a boy or girl whose energies are not sufficient to keep them warm on a winter's day.

"The unprofessional person will, perhaps, long ere this, have indulged a smile at the gravity with which, in magniloquent phrase, I have propounded the laws of cutaneous disease. And I am quite ready to admit that the subjects for whom I am making such equitable laws are, in many instances, very refractory personages, and very apt to take the law into their own hands; and so it is with the scaly eruptions, for instead of obediently breaking out *secundum artem*, and according to the laws stated in the preceding paragraph, the spots sometimes come out in thick clusters, and so blend and interfere with each other that the disease can scarcely be distinguished as the same. Instead of distinct circular forms, we have now irregular patches of every size; instead of one well-developed and thick scale, there are numerous small and thin ones; and instead of a depressed centre and rising edge, the surface is uniform; but the disease is essentially the same, and has received the name of irregular dry tetter.

"Of these dry tetterers, there are some annoying and obstinate varieties, which occur on separate parts of the

body, without affecting others ; one, for example, locates itself upon the eyelids, another on the lips, a third beneath the finger nails, and, though last, by no means least, on the palms of the hands. In these situations, the disease is a cause of great discomfort, from the unsightliness which it occasions, and from the 'bad name' which attaches to all eruptions upon the hands. Sometimes, curiously enough, it pitches upon the tongue."

TREATMENT.

In the treatment of leprosy, also of ringworm and scald head, it should be borne in mind that there is always some disordered state of body from a constitutional weakness, or some predisposition, together with derangement of the digestive organs and the effect of a cold. There is in these disorders as in all others, some derangement in the temperature of the body, for sometimes a chilliness will be felt and at others flushes of heat ; if not all over the body, it will be either to the hands, feet, back, or head, and as long as these are allowed to transpire the disorder will continue. The treatment, therefore, must be that which will bring the heat and fluids of the body to their natural circulation, and retain their healthy order, so that vital action may be better supported, and thus effect a cure. All this will be accomplished by carrying out the treatment here prescribed.

The feet should be bathed at night two, three, or more times in a week, on going to bed, and the alterative powders taken as often, unless the bowels are too open ; in such case give as much composition tea as the patient can take every night, and let the feet be bathed several nights in succession until that is improved, or if the bowels should be very loose the tea should be taken several times a day, and a tea-spoonful of tincture of myrrh in each dose, which will soon correct that state ; otherwise, where no relaxed state exists, the anti-scorbutic medicines should be taken three times a day, in quantity according to age. See Index for recipes for purifying the blood. Dose : for an infant under six months of age, half a tea-spoonful in as much warm water sweetened, three times a day.

For a child 1 year old	1	tea-spoonful.
„ „ 2 „	2	„
„ „ 6 „	1	dessert-spoonful.
„ „ 12 „	1	table-spoonful.
„ an adult	1	wine-glassful.

Three or four times a day.

These may be taken as the proportions of medicines to age, for medicines in general prescribed in this work.

LIVER COMPLAINT.

THE chronic form of the disorder is generally understood by this designation. Where there is active inflammation it is termed the acute form, for which see Index. The most frequent symptoms of the liver complaint are : a sense of weight and uneasiness in the right side ; in some cases a pain at the top of the shoulder, or more frequently under the shoulder blades, the patient being often unable to lie on the left side without increase of pain ; sometimes there is an enlargement to be felt under the short ribs on the right side. Some degree of fever also accompanies this disorder, with depression of spirits, impaired appetite, sometimes difficult or oppressed breathing, attended with a dry cough or a frequent sickness, sallow complexion, hiccups, weak or small pulse, but often quick ; irregular action of the bowels, great costiveness and discoloured motions, often very offensive ; and highly-coloured urine, depositing a ropy sediment.

Liver complaints may generally be distinguished from severe disorders of the functions of the stomach or intestinal canal by the slow but progressive emaciation and loss of muscular strength, by the fixed character of the malady, the quick but regular pulse, and the continued pain or uneasiness in the right side.

TREATMENT.

In a great number of cases there is a general weakness of the whole constitution, which appears to be sunk low and

feeble both in muscular and nervous energy. Hence the treatment should be of a supporting kind, the greatest attention being paid to this part of it, and the gentlest remedies used for cleansing or removing the obstructions which mark the case in nearly all the female, and often in the male, patients.

There are, however, cases of a more robust constitution in which the more active treatment can be applied with benefit. By thorough purging, by the lobelia emetics following in due time, and by good and well-adapted tonics, the cure may be speedily effected. These are patients who eat and drink as usual until within a day or two of seeking advice, whose stomachs are frequently much disordered, being troubled with bile, causing sour belchings, which indicates either an overcharged state of the liver or an obstruction of the bile, and which frequently takes place in the duodenum (the first six inches of the intestines) just as the dissolved food leaves the stomach.

But a milder plan, or course of treatment, for the before-mentioned weak and low states should be pursued. It should be adapted according to the condition of the patient: if he be in a weak state constitutionally, or if he be so from long and frequent derangement, the doses should be much smaller, and in some instances a milder class of remedies chosen; as, for instance, instead of an emetic the alterative powder or pills should be given, to set free the perspiration and other excretions and secretions that are either in a dormant state or obstructed; and as soon as the necessary effect is fully produced it should be followed up with tonics, stimulants and nourishments in light and easy forms, so that the nutritive functions may be supplied with nourishment and assisted while in the freer state of operation, giving support to the system, and so preventing it again relapsing into that low state into which it had been in the habit of daily falling. Thus by a daily repetition of this gentle and designing treatment many very low and bad cases of disease have been brought into a state of sound health—the greatest number of them in the course of a few weeks. The design of treatment is to be seen by the effort of nature in the feverish changes—in the chilliness is manifested the fall from the healthy standard of temperature and

the vital action of the economy. The pores of the skin are closed, and all the excretions and secretions more or less depressed. The heat arising from vital combustion is locked up in the system, showing a nice provision of nature to regain her standard of heat ; which is so essential to health that when it cannot be maintained to the same amount—or within one or two degrees of it—in the coldest as well as in the hottest countries, disease and death soon follow. In our milder though more variable climate disease, in consequence, does not terminate so rapidly, but partakes of a gentle ebbing and flowing character in our system for a longer period.

The febrile changes should be looked for, and the diversities of temperature made a note of, as to the hour of each at which they are found to take place. This is to be observed in a chilliness at one time and in flushes of heat or a hot skin at another time. Proper remedies should then be adapted to meet the condition of each stage. In the hot stage diaphoretics may be given, and if there be costiveness aperients combined so as to remove obstructions and cause a free flow of perspiration : as soon as this is accomplished the system should be supported by tonics and nourishment, so that the cold stage, or a part of it, might, if possible, be prevented from returning at its usual period.

The treatment adapted to the hot stage should be of the diaphoretic kind, and, if necessary, combined with other medicine to relieve any prominent or distressing symptom. By these means you will assist nature in accomplishing what she is endeavouring to do by her own efforts. Now, although these changes in this or any other chronic disorder are not generally to be seen to so great an extent as just described, yet they do take place to some extent in a less obvious manner in every disease, and the success or cure depends upon the assistance given at these turns to accomplish the ends by these systematic operations of nature. From this may be seen that the first symptoms in disease prove a weakened condition of vital action ; but in the chilliness a conservative effect is produced by the contraction of the skin, and to some extent of all the other outlets of excretion ; the heat generated in the system is thus retained to sustain the recuperative functions so that reaction may be

produced and its accumulated heat radiated to the surface of the body. This shows that the design of nature is to raise the body to its standard of heat, re-open the pores of the skin, and set free all the excretions and secretions, in order that the action of health might be restored.

Dr. Graham says:—"It is man's method to endeavour to effect great ends by multiplied and extraordinary measures, but God, both as God of nature and grace, accomplishes mighty ends by few and simple means. May I entreat my readers never to forget this ?

"The young or inexperienced practitioner of medicine almost invariably proceeds, in being called to a case of chronic disorder, to consider its character or name. He, indeed, notes the symptoms—especially the prominent symptoms—looks to the probable cause, and asks many questions ; but all this is designed chiefly to help him to see under what class the case is arranged by systematic writers, and what name is to be attached to it. In this sort of enquiry he is certain to be much assisted by the patients and their friends (if he wishes it), for the enquiry is, 'What is it ?' and a good deal of their anxiety centres here, and in having something like a suitable name given to it, they and the attendant are alike well satisfied. The malady being designated *Indigestion*, *Liver Complaint*, *Disease of the Heart*, *Consumption*, or something, as it is supposed equally intelligible and significant, the practitioner immediately commences to prescribe the remedies recommended for those particular affections, and especially such as happen to be most vaunted at the time. The world is mad for change and fashion, and full of its effects, no less ridiculous than baneful ; and since there is a fashion in medicine, the majority of medical practitioners are too much in danger of bringing the remedy or remedies of the day into confident and unlimited requisition. That the mark thus aimed at should sometimes be hit and the patient cured, might reasonably be expected ; but that the treatment should generally, or very frequently, succeed in reasonable time, and in a progressive satisfactory manner, indeed in any time or manner, cannot be anticipated. It commonly fails, and for the reasons I have previously pointed out, viz., that we have to consider not only the symptoms, the

organ now most evidently affected, and what the disorder is to be called, but what organ is primarily and chiefly affected, its influence upon the other organs of the body, and what are the means by which we may most confidently expect to establish a healthy, nutritive process in the frame; a question which is to be determined not by having recourse to systematic divisions of disease, and the popular medical opinion of certain remedies, but to the undoubted efficacy of remedies, the real nature of the disorder, the external situation of the patient, the sex, the age, physical peculiarities, and weakness or strength of the individual.

"These brief remarks are laid before my readers in order that their minds may be impressed with the folly of following systems and fashions in medicine, and with the wisdom and advantage of attending to things as they are presented to us in nature. The received division of chronic diseases, the many names employed, have, of course, their use in the way of facilitating an intelligible communication in speaking and writing, &c., but in the actual management of disease we must not consider the names but the nature of things; we ought not to regard the opinions or reputation of men so much as the evidence they present of the correctness of their sentiments, and we have a right to demand that this evidence should be full and satisfactory. It is absolutely necessary we should forget names and arbitrary distinctions, disregard supposed specifics, and bend our minds to the investigation of the points before adverted to—the *cause* of the symptoms presented to us, the remedies for that cause, and the rational and undoubted principles on which we should act in endeavouring favourably to influence that cause. These are points altogether independent of names and arbitrary distinctions; they would exist if we had no systems, no names for diseases, and an attention to them would alone be sufficient to ensure the utmost possible success in the efforts of the physician."

The causes beyond that of a natural inclination from particular weakness of the liver, are, many injurious habits in civilised life, and errors in diet, as rich or indigestible food, which disorders the stomach, bowels, and liver; taking much pastry, toast saturated with butter, melted butter, fat meat and rich gravies, cheese, bacon, ham, sausages, and high game, in

excess, especially in those who have but little exercise in the open air ; also by eating too much and too frequently, thereby keeping the stomach constantly full. Fat or rich food is always more objectionable in hot or mild weather, as the liver at that time is much easier overcharged with bile than in cold weather, and where indulgence in those things is frequent or continued the liver must in some way become deranged, and in weakly persons a liver complaint, in consequence, be induced.

Whatever greatly weakens or impairs the general health may lay the foundation of disease ; for whichever portion of the body is either originally weak, or has become so from the influence of bad habits or deleterious treatment, renders the liver or any other organ liable, from a deficiency in its power to perform the functions of its office in a proper manner, to fall into derangement.

Very serious errors are often committed by giving strong doses of medicine, which so weaken this organ that its power of preparing nutritive matter for enriching the blood is nearly or entirely destroyed ; at least for a time, until under favourable circumstances the recuperative process in our nature has repaired the injuries done.

Dr. Graham writes :—" It ought never to be forgotten that debility is, ordinarily, the foundation of chronic disease, and also that local or general weakness is a common cause, indeed the chief cause, of unhealthy and depraved secretions. It follows from this, that when lowering measures are used, or permitted to operate, although the most efficient alterative medicines may at the same time be given, the secretions remain unimproved, and the patient, instead of getting better, grows worse, and for this obvious reason, that we are, by having recourse to enervating means, strengthening the foundation of depraved secretions, which is debility, and thereby rendering the most efficacious alteratives of no service whatever. In all chronic diseases it may be safely laid down as a maxim, that the secretions will often be restored to a healthy character by tonic remedies, simply used as such, while they can never be perfectly and permanently improved by the most efficient alteratives, whether simple or combined, which have an enervating effect, that is, which are so administered as to have this result. It

is of great importance that this maxim should be kept constantly in view."

We will now point out to the notice of the reader the knowledge to be gathered from these quotations. First, they show that Dr. Graham's experience had taught him (even in the midst of the great errors of his day) that debility was, from either local or general weakness, the common, and, indeed, the chief cause of chronic disease; he condemns the usual practice of giving calomel or blue pill at night and a brisk purge in the morning as defeating its own object by the weakness which it occasions—without his being aware, however, that one period of the twenty-four hours was more naturally inclined to weakness in all disorders than other periods. He shows, further, that physicians, by a lowering system, often increase the malady they are called to remove. These remarks equally apply to the lowering treatment employed only for a few days as well as that pursued for weeks.

All these important observations bear testimony to the efficacy of our plan, viz., that of giving supporting remedies in the morning, after having assisted nature in her own efforts for relief by perspiration and other excretions during the night. Thus we embrace all the benefits and avoid all the evils observed by him in the prevailing treatment, during his experience, as may be seen in our explanation of the nature of disease in every form, and in the universal systematic order and periodical changes that Dr. Dickson has shown to pervade all disease.

In the treatment of liver complaint one principle to be kept in view is, that it is a disorder arising from, and accompanied with great debility or constitutional weakness, the greater number of persons in this complaint being found to have a small weak pulse, and lowness both in muscular and nervous power. Hence the treatment of such cases should consist of the mildest remedies, even those used for removing obstructions, and setting free the secretions and excretions, that is, to remove the waste or worn-out matter of the system by these natural channels; for even in these low cases there is always to be found a dormant state consequent upon the debility that exists, which is frequently the cause of many obstructions in the system. These ob-

structions, together with the derangements of the temperature of the body, should be first paid attention to ; for this purpose our alterative powder should be taken at night. It is the best remedy we know of ; but as these powders may not always be to hand, we give you the recipe for one that will answer all the principal purposes of this powder :—

Rhubarb.....	½ ounce.
Cinnamon	1 drachm.
Ipecacuanha	1 scruple.
Quinine	1 scruple.
Cayenne	3 grains.

Mix and divide into ten powders, taking one every night, or every other night, according to the effect produced, or the necessities of the case, which principally consist in keeping the bowels regular, and the skin with a due amount of moisture of perspiration. This treatment is to be followed from the first morning by a tonic mixture, an excellent recipe for which is the following :—

Bogbean.....	1 ounce.
Marsh-mallows	1 ounce.
Barberry Bark	½ ounce.
Cayenne Pepper	1 or 2 grains.

Simmer in one quart of water for about a quarter of an hour ; strain when cool. Mountain flax added to either of the mixtures is very good where there is costiveness, and add half a drachm of carbonate of ammonia. Dose : a wine-glassful three or four times a day. If there be any nausea or sickness, a little essence of some aromatic herb, or a little of any spice should be added ; or if excessive costiveness be a prominent symptom, some aperient should be taken with the mixture. If, again, instead of costiveness there should be a relaxed condition of the bowels, then half an ounce of tincture of myrrh should be added in its stead. If a hot dry skin be observed at any part of the day (which is a frequent symptom in this complaint), the feet should be bathed in hot water, and a powder added as before described, and repeated for two or three nights in succession ; or, occasionally, the vapour bath in the evening, with the composition tea, or a tea of some diaphoretic herb, with

cayenne pepper to keep up an internal stimulation, raise the temperature, determine the fluids of the body to the surface, and work with the heat of the bath externally. If these things are done well and fully, the patient will not fail to improve daily, and that, too, much more rapidly than has ever yet been seen by any other treatment. By following this design in the treatment, viz., in giving first such medicines and hot bathings at evening as will ensure a general perspiration in the early part of the night, and the proper action of the bowels by the morning, the patient will be found greatly improved, when tonics and light nourishing diet should be early and frequently given in the day, which will not only maintain that better state, but, also, often augment an improvement hourly throughout the day, even to that extent that friends around may be able to discern it ; but even in cases where the success is not to that marked extent, the patient is sure to be considerably improved ; and by the repetition of the evening treatment two, three, or more evenings in a week, and well following up with the tonic and supporting remedies by day, the patient will certainly grow rapidly better. In cases, however, where the patient is not in so low a state, either from having a better or more robust constitution, or from the complaint being more recent, or from its being more of the acute form and suddenly coming on, the treatment should be of a more active kind. The alterative powders should be taken twice in the course of the evening, at intervals of an hour or two between, and in cases of obstinate costiveness an injection should also be given into the bowels. Where there is pain or a hot, dry skin, the vapour bath and pure stimulants should be administered, and if the pulse be strong or high an emetic of the *lobelia inflata* should be taken about half-an-hour after the bath. The last combined treatment constitutes the Thompsonian course of medicine. (See Index.)

LUMBAGO

Is an affection of the lumbar region or loins, causing stiffness and pain. It may affect the loins generally or only one side, and is frequently accompanied by sciatica of one or both hips. The nerves of these two parts are so connected, or so run from one to the other, that whatever derangement causes the one complaint may also cause the other, either separately or together.

In these two disorders, lumbago and sciatica, we have generally found great derangement in the kidneys, which is usually accompanied by foul tongue and disordered stomach, to which state, together with the taking of cold whilst in that condition, either affection may be partly attributed.

It is in consequence of our bodies, when out of order, being subjected to great changes of temperature, under the various circumstances of life, that such maladies are caused ; in illustration of which we append the following from Dr. Dickson's chrono-thermal system of medicine :—

“A medical officer of the East India Company's Service sent for me at midnight, and you may imagine the pain he was suffering when I tell you that I heard his groans before I reached his chamber. Shortly after leaving a crowded theatre, he had imprudently taken his place on the top of one of the night coaches, where he had not long been seated before he was seized with repeated shivering, followed by fever and exquisite pain in the back and loins—in medical phrase, *lumbago*. When I saw him he had all the symptoms, which, in the Schools, are termed high inflammatory fever, and he complained of agonising pain in his back. His wish was to be bled, but I prescribed an emetic instead, and this relieved him in the briefest space imaginable. From the moment he vomited his back became easier, and in a few minutes he was quite free from pain—a result equally pleasing and astonishing to the patient, who on a previous occasion had been confined six weeks to bed with a similar attack, notwithstanding repeated bleedings, leechings, and blisters.”

Lumbago and sciatica are, according to the best medical authorities, a part of, or are allied to, rheumatism, only taking their names from the particular parts of the body in which they are located. We have, therefore, only to study the principal nature and treatment of that disorder, paying some little attention to those local parts from which the names of lumbago and sciatica are derived.

Lumbago is an affection of the loins, or small of the back just where the kidneys are situated, which organs are generally much disordered in this complaint. An emetic, given in the hot stage of the early part of the disorder, usually gives instantaneous relief from pain, and where the Thompsonian course of medicine is pursued, all pain is often removed before the completion of the course.

This or the other treatment should be followed by tonics, diuretics, and stimulants, as recommended in rheumatism; or the following :—

Centaur Herb, or Gentian Root.....	1 oz.
Clivers	1 oz.
Valerian Root	$\frac{1}{2}$ oz.
Cayenne Pepper.....	2 grains.

Simmer in one quart of water, and take a wine-glassful every two hours.

Either of the rheumatic liniments may be applied to the seat of pain, from which much greater benefit is always derived after hot bathing, which is best done by means of large flannels being wrung out of hot water and applied to the part, making hotter each time of application. The bathing should be continued for ten or fifteen minutes, after which the liniment should be used, and wadding or flannel bound on the part, two or three times a day.

Care should be taken to regulate the bowels.

SCIATICA.

This disorder is spoken of by medical authors as a rheumatic affection of the hip joint. It takes this name from the nerve of that part being called the *sciatic* nerve, which is formed by a union of the lumbar and sacral nerves, and which are again divided and distributed to the leg and foot. It occurs chiefly in adults and persons advanced in

life, and is generally caused by exposure to cold while a deranged state of the stomach and other cavities exists, especially if directly after the body has been subjected to great heat.

This disorder, being of the same nature as lumbago and rheumatism, requires the same general treatment ; the seat of pain, however, receiving a more frequent application of hot bathings and liniments.

MEASLES.

THIS is an infectious fever, with an eruption of the skin, which very seldom attacks persons the second time. Although this disease sometimes occurs in grown-up persons, yet it is most common in childhood. The patient on the first day generally complains of alternate chills and heats, and other symptoms like those of a cold ; during the next two days the light becomes painful to the sight, the face flushed, the pulse frequent and hard, the eyes and nose swollen, inflamed, and itchy, running with a thin watery secretion.

There is generally some remission of the symptoms in the morning, but they return in the evening with increased severity and much thirst, and sometimes nausea or vomiting ; the tongue is white, but frequently moist ; the fever, restlessness, dry cough, and hoarseness are very troublesome, and often attended with some degree of inflammation of the throat and lungs, which is exhibited in the hurried and difficult breathing. In children, the bowels are often relaxed, and the evacuations sometimes green, which is a bad symptom. An itching of the skin and remarkable restlessness often precede the eruption ; bleeding of the nose is common both before and in the progress of the disease. The eruption generally shows itself towards the end of the third, or at the beginning of the fourth day, sometimes not until the fifth. It appears first upon the forehead and face in small spots, resembling flea-bites, which are distinct from each other at first ; but here and there, increasing in number and size, they are soon formed into small clusters of

various sizes and forms, which feel rough to the touch, and which usually spread to the neck, breast, body, and limbs by the end of the next day. These clusters of eruption assume somewhat of a crescent shape, which, according to some medical writers, is a very decided symptom which distinguishes measles from other eruptive fevers. The eruption on the face begins to fade after it has been out about two days, that on the body the day following, and that on the limbs in a day or two later; the stains or marks, however, may take many days to pass entirely away. The disease usually lasts from nine to eleven days. Although many have died of this disease, treated by the old practice of medicine, yet we have never known one death occur from the botanic treatment. We have had in various cases all the bad symptoms arise, but have always quickly relieved them by our medicines, so that they have never run into that violent condition into which they have gone, in many cases under the allopathic treatment.

Dr. Hooper, in speaking of this disease, says: "Unless there have been some considerable evacuations, either by the skin or by vomiting, the patient will hardly recover strength, but the cough will continue, the fever return with new violence, and bring on distress and danger.

"In measles, as in other febrile diseases, the symptoms generally suffer some remission towards the morning, returning, however, in the evening with increased severity.

"Measles, even when violent, are not usually attended with a putrid tendency; but it sometimes happens that such a disposition prevails, both in course of the disease and at its termination. In such cases petechiæ are to be observed, interspersed among the eruptions, and these last become livid, or assume almost a black colour. Hæmorrhages break out from different parts of the body, the pulse becomes frequent, feeble, and, perhaps, irregular, universal debility ensues, and the patient is destroyed.

"In those cases where there is much fever, with great difficulty of breathing, and other symptoms of pneumatic inflammation, or where there is great debility, with a tendency to putrescency, there will always be considerable danger; but the consequences attendant on the measles are in general more to be dreaded than the immediate disease;

for although a person may get through it, and appear for a time to be recovered, still hectic symptoms and pulmonary consumption shall afterwards arise and destroy him, or an ophthalmia shall ensue."

Dr. Graham says :—"We must bear in mind this principle—*that in cases of a mild and regular character the less we interfere with the operations of nature the better.* Even when the general fever is considerable, during the period of eruption, an active depleting treatment is not only generally unnecessary but often decidedly injurious, provided no local inflammation be present. We must view the eruption in this, as in the other exanthematous affections of children, as a sort of critical deposition on the surface, by which the animal economy endeavours to relieve itself from some internal morbid irritation."

In the treatment of measles, begin by giving a dose of the alterative powder, or of the diaphoretic powder (see Index), also a warm bath, or have the feet and legs bathed for fifteen or twenty minutes with a few additions of hot water during the time, then wrap the patient in a warm blanket and put to bed. This should be done in the afternoon, evening, or first part of the night, and should have the effect of producing perspiration and a moderate action on the bowels. If these effects are sufficiently produced, the child on the morning will be found much improved, when the following medicine should be given :—

Angelica herb or root..... 1 oz.

Add a tea-spoonful of composition powder, or of barberry, ginger, and cloves, mixed with two tea-spoonfuls of sugar ; scald the whole in a pint and a half of water, and let it be kept warm. Dose, if the child be under two years of age, one table-spoonful every hour ; if older, the same quantity every half hour. If the improvement is not satisfactory, the first part of the treatment should be repeated two or three evenings in succession if necessary, either to induce perspiration or to regulate the bowels. Should there be any accumulation of phlegm, or much foulness of the tongue, an emetic should be administered, either while in the bath or very soon after the hot bathing. The earlier in the disorder the emetic is given, the better is the effect in every

way. If the herbs recommended cannot be readily obtained, any of the following may be substituted :—meadow-sweet, germander, pennyroyal, balm, yarrow, or centaury. An ounce of any one of these herbs, with a little barberry, ginger and cloves, will make a pint and-a-half of the tea. The last two articles are employed to render the medicines pungent, invigorate the circulation, and keep up a gentle perspiration ; in their absence, however, any of the peppers will have the same action. Quinine, in small doses, is also beneficial when given in the fore part of the day, while the patient is in the best condition.

The patient's food should be plain, nutritious, and easy of digestion ; such as beef tea, mutton soup, or broth, but without onions, carrots, or leeks. It should be seasoned with pepper and salt, as a moderate quantity of those articles will render it more beneficial, and will aid in determining the fluids to the surface of the body, and also prevent the eruption falling inward. Gruels, arrow-root, bread and milk, are the kinds of food that should be given, and as drinks, currant jellies dissolved in warm water ; the juice of oranges or of grapes may be given, but not the skins or solid parts of the fruit. Roasted or boiled apples are good occasionally. The whole of this treatment is equally adapted for small pox, chicken, cow, and swine pox.

CHICKEN POX—SWINE POX.

THE above are merely different names for one and the same disease.

The eruption comes on in some few instances apparently without any previous illness ; but in most cases it is preceded by a slight degree of chilliness, lassitude, cough, interrupted sleep, wandering pains, loss of appetite, and a febrile disposition. Dr. Graham says the eruption appears first on the back, consisting of small reddish pimples, much resembling the first appearance of small pox, but instead of feeling round under the finger, as small pox does, the sensation communicated to the finger is like that of a round seed flattened by pressure. On the second day, the red pimples become small vesicles, containing a colourless

fluid, and sometimes a yellowish transparent liquor. On the third day, the vesicles arrive at their full maturity; soon after, the fluid escapes from the tender vesicle, and a thin scab is formed at the top of the pock without pus ever being formed. Generally, before the fifth day, the whole eruption disappears and no scar is left behind.

There is very seldom any danger attending this complaint, which is of so trivial a nature as seldom to require much aid from medicine. In a very few cases, however, in which the fever runs much higher, and the pimples have a tendency to run into each other, in consequence of the height of the fever, medical treatment must be pursued, relieving the body of the fever, and thereby preventing any occurrence of violent symptoms.

The treatment of this disorder should be precisely the same as that for measles (for which see Index).

MENSTRUATION.

FEMALES generally begin to menstruate about the age of fourteen years, sometimes a little before, while in others the discharge does not occur until the sixteenth or eighteenth year. At the time of the first appearance of this discharge the constitution undergoes a very considerable change, generally, indeed, for the better, though sometimes, from the baneful effects of cold or other neglected derangements, for the worse. The greatest care, therefore, is necessary at this period of life, as the future health and happiness of the female depend in a great measure upon the proper management of the constitution at this time.

This great constitutional change is occasioned by a new febrile revolution of the whole body, as indicated by the sudden alternate pallor and flush of the cheek and lip, the tremors, spasms, and palpitations to which the girl is then subject; and as with febrile changes it comes into play, so with febrile changes it also takes its final departure. It is the duty of mothers, and those who are entrusted with the education of girls, to instruct them early in the conduct and management of themselves at this critical period of their lives.

Dr. Buchan says :—"False modesty, inattention, and ignorance of what is beneficial or hurtful at this time, are the sources of many disorders or after derangements, which a little sensible instruction and advice from an experienced matron might have prevented. Nor is care less necessary in the subsequent returns of this discharge. The catching of cold at this period is often sufficient to seriously derange the health, sometimes even to give rise to consumption. Confinement to the house, constantly sitting, the want of active exercise of the whole body, often cause the spirits, health and vigour to decline. Such is the fate of numbers of those unhappy females, who, either from too much indulgence, or their own narrow circumstances, are, at this critical period, denied the benefit of free air. . . . Youth is the season for mirth and cheerfulness ; let it, therefore, be indulged. It is an absolute duty. To lay in a stock of health in time of youth is as necessary a piece of prudence as to make provisions against the decays of old age. While, therefore, wise nature prompts the happy youth to join in sprightly amusements, let not the severe dictates of hoary age forbid the useful impulse, nor damp with serious gloom the season destined to mirth and innocent festivity."

When the system is healthy and well balanced at the time of this constitutional change, there is little or no inconvenience attending the discharge on its first appearance ; in deranged states of the constitution, however, there is usually some difficulty experienced.

An obstruction of the menses is sometimes the effect of other maladies. If any other disorder be observed it should have prompt attention ; and before using forcing medicines for the purpose of bringing on the menses, the organs of the body should be strengthened and prepared for the proper performance of their functions.

The principal medicines are pennyroyal, germander, mugwort, southernwood, rue, centaury, tansy, motherwort, &c. ; any two or three of these can be used in combination ; the first three, however, we believe to be the best. One ounce of either of these herbs will make a pint of tea. Dose : half a pint warm each night, and a wine-glassful twice a day with a little ginger added.

PAINFUL MENSTRUATION.

This is a very common disorder, and often causes great suffering. In many cases severe pains are felt in the loins, back, the lower part of the abdomen, and sometimes in the thighs, for six or eight hours or a day, perhaps longer, previous to the appearance of the menses. These pains are also often experienced during the first day or so of its flow, which, in such cases, is nearly always scanty, although it may continue to flow three or four days or longer. The discharge may recur every month with little or no irregularity, but accompanied with pain, and the quantity may or may not be too small. What chiefly demands our attention here is the great pain caused by some obstruction in the flow or expulsion of this excretion.

As a local remedy, perhaps the most useful is the application of warmth over the whole surface of the bowels and to the feet and legs. A warm medicine should be given at the same time, such as pennyroyal and mugwort tea (half an ounce of each herb scalded in one pint of water), with the addition of a little cayenne. Take every two hours about half a small tea-cupful, adding to it half a tea-spoonful of the volatile tincture of guaiacum. The aperient pills or alterative powders should also be taken at night. If this does not give relief within twenty-four hours, the vapour bath and pure stimulants should be had recourse to in the afternoon or evening. Care should be taken to keep the feet warm at all such times, as by means of bottles of hot water wrapped in flannel well sprinkled with vinegar.

In the second making of the tea, half an ounce of uva ursi leaves should be added, and the nerve or stimulating drops may at any time be used instead of the guaiacum tincture.

SUPPRESSION OR RETENTION OF THE MENSES.

This, like the painful menstruation, is often owing to a weak action of the vessels of the uterus, and in many cases pains are felt at the regular periods without being accompanied with a flow of the menses, until several days after the time the discharge should have taken place. In some in-

stances the discharge does not make its appearance for many months, indeed, we have known women who had not menstruated for more than a year. It is most often, however, that they are suspended for two or three months, generally from having taken cold, which may occur in many ways. The treatment should be as that given for painful menstruation, or in change, or, as an addition, pills made of the following may be taken :—

American Mandrake, in powder.....	1 oz.
Aloes	$\frac{1}{2}$ oz.
Cocash	1 oz.
Cayenne	$\frac{1}{2}$ oz.
Cloves or Cinnamon	$\frac{1}{2}$ oz.

Make up with gum arabic. Dose : two pills three times a day. In obstinate cases, the steam bath and a partial or full course of medicine should be employed.

PROFUSE MENSTRUATION.

A flow of the menses may be considered immoderate when it either returns more frequently than is natural, continues longer than ordinary, or is more abundant than is usual with the same person at other times.

This disorder may arise where there is both general and local debility. It is almost always attended with pain in the back and loins, and often with a feeling of weight and bearing down, a sense of fulness of the abdomen, and always with some degree of alternate heats and chills. When an immoderate flow of the menses, arising from debility and such attacks are frequently repeated, the symptoms which attend are, paleness of visage, coldness of the extremities, together with loss of appetite, and a long train of nervous complaints. In immoderate flow of the menses, an emetic has proved highly useful, the flooding having ceased the moment that nausea was induced. (For the necessary conditions for emetics see Index.) But attention to the temperature of the body, and the use of proper astringents, seldom, if ever, fail to effect a cure.

Linen cloths dipped in vinegar and cold water, and kept constantly applied to the private parts, re-dipping or chang-

ing the cloths every five to ten minutes for one, two, or more hours, and having at the same time a bottle of hot water wrapped in a flannel, wetted with vinegar and water, and kept to the feet, together with the following medicine, we have always found completely effectual :—

Catechu (powdered)	$\frac{1}{2}$ oz.
Alum	$\frac{1}{2}$ oz.
Ginger and Cloves	$\frac{1}{2}$ oz.

Mix together and scald with one pint of water; keep it rather warm. Dose : one table-spoonful every hour, or, in very severe cases, every half hour. To make it still more efficacious, add half an ounce of our Nerve Drops to the mixture. When the flow has ceased for an hour or two, about two grains of quinine should be given in each dose of the mixture every three hours. By adding the quinine, after the flow has stopped, the natural state will be maintained and any return prevented; also by attending to any derangements of the health during the following month, the immoderate flow, or flooding, may be prevented from recurring.

THE MUMPS.

THIS is a swelling of one or both parotid glands, which often extends to the maxillary and other glands. It is conspicuous externally, and often appears in two or three days as if the whole of the muscles on the two sides of the neck were extensively swollen. The round bodies of the glands themselves cannot be felt (as in the case of most other glandular swellings), in consequence of the swelling soon becoming still more widely diffused, which usually increases till the fourth day, when, in ordinary cases, if simply treated as a cold, by taking a little opening medicine, keeping the parts warm, and promoting perspiration, it gradually declines.

As this is an inflammation of the parotid glands, it is called "parotitis." It is attended with fever, redness and pain of the fauces, difficult deglutition and respiration, and a sense of constriction or narrowness in the throat.

Dr. Elliottson says : " Parotitis, or (in plain language) 'the mumps,' is a swelling of one or both parotid glands, attended with an increase of heat in the part, extending to the sub-maxillary and sub-lingual glands, and affecting the rest of the salivary glands. The disease is attended by slight feverishness, and lasts, in general, three or four days, sometimes longer. It is sometimes followed by inflammation of the testicles or breasts ; and sometimes by phrenitis (inflammation of the brain). When a testicle has been so inflamed, it frequently becomes atrophied ; and nothing is left but the membranes—the tunica albuginea,' and ' tunica vaginalis.

" Parotitis occurs, usually, but once during life ; and is said, I know not how truly, to be contagious. It certainly is sometimes sporadic ; but, frequently, it is epidemic. It prevails in a boys' school, all at once, throughout ; and it prevails in several schools in the same neighbourhood. I really do not know whether it is so or not.

" It occurs most frequently from seven to fifteen years of age ; sometimes later. Now and then, we see it in young men ; but most frequently it occurs at the time I have stated.

" There is nothing particular required for it. We ought to apply moderate warmth, keep the patient quiet, make him abstain from ordinary nourishment and stimuli, give him a mild aperient ; and the disease, for the most part, goes away after a time. It is rarely that suppuration takes place. I have seen suppuration ; but I presume it was an accidental circumstance, from the inflammation extending to the cellular membrane."

The treatment of this disorder should be the same as that for scrofula swellings. In the early part of the affection, while the pulse is high, and the skin hot and feverish, the Thompsonian course of medicine should be pursued, taking care while giving the bath to hold the top sides of the blanket up above the ears, so that the swollen sides of the neck should receive the hot vapour upon them as much as possible. Hot bathing, two or three times a day to the swollen parts, or so often as the poultices are renewed, will be beneficial. The poultices should be made of bread, and faced with cayenne and elm, as in scrofula, or either of the

liniments recommended for reducing the swellings may be used. Pepper sauce, viz., half-a-pint of vinegar, to which has been added one table-spoonful of cayenne and one of salt, may be applied to the swollen parts after bathing. A very good tonic mixture is made of

Angelica Herb or Root.....	1 ounce.
Centaury	$\frac{1}{2}$ ounce.
Yarrow	$\frac{1}{2}$ ounce.
Cayenne.....	2 grains.

Simmer in one quart of water for a quarter-of-an-hour, and take a wine-glassful four times a day.

NIGHTMARE.

THIS is an affection in which there is felt a severe pressure on the chest. The sensation is frequently preceded by some fearful dream, as that of an enemy, known or unknown, in close pursuit of the dreamer, from whose grasp he feels incapable of escaping, or of exposure to some overwhelming danger. It appears most frequently while in a nervous or other morbid condition of body. In some degree respiration, and the circulation of the blood are impeded. It is considered to arise from indigestion, whether this state is caused by eating too much, or by the food being hard of digestion, or whether it is consequent on a weakened or debilitated condition of the stomach. For treatment see Indigestion.

Dr. Dickson says of persons suffering from indigestion: "Their nights are either sleepless or broken and disturbed by unpleasant dreams. One moment they dream of robbers, from whom they cannot escape; or they are on the eve of tumbling down a precipice; dreaming sometimes within a dream—asking themselves, even in the very act of dreaming, whether they dream or not—and they will satisfy themselves by a process of *unreason*, that they are actually awake and walk the air."

PILES—(*HÆMORRHOIDS*).

THE piles are certain excrescences or tumours arising about the verge of the anus, or the inferior part of the *intestinum rectum*. When they discharge blood upon the patient's going to stool, the disease is known by the name of *bleeding piles*, when there is no discharge they are called *blind piles*, and when they are situated within the gut, they are designated *internal piles*.

Piles consists in a distension of what are called the hæmorrhoidal veins, forming small tumours either within the anus or its verge.

Pregnant women, on account of the weight or pressure of the fœtus, are very liable to them. They are caused by strong purgatives, especially bitter aloes (which is the principal ingredient in nearly all the advertised purgative pills), by a sedentary life and long continued costiveness. Sitting on anything hot, or on damp ground, or cold stone will sometimes bring them on, which is often done by workmen in the different trades; piles are also frequently occasioned by the common errors in diet, as partaking of gross or indigestible food and strong drinks. It is certain that health and sickness are greatly dependent upon the right state of digestion, and in this affection the consequence of errors in diet is very directly and acutely felt in that particular bowel.

The first symptoms are usually, itching and uneasy sensations about the rectum, especially after a motion, and soon there may be perceived a small tumour at the end anus, or a little distance up, which an evacuation forces down. As the disease increases the inconveniences attending it are very great. There is extreme pain on going to stool, followed by a pressing down, and sometimes by bleeding. If the disorder has been neglected, and is of long standing, they become large, hard, round, and very difficult to reduce and cure. When the bowels are relaxed or constipated, they are much worse. Sometimes inflammation supervenes, followed by suppuration, giving rise to abscess and fistula.

Dr. Graham says :—" In almost all cases of piles, whether occurring in strong or weakly habits, the pain and irritation present are much relieved by the free application of cold water. If the heat and irritation are very severe, the immersion of the parts in a bidet of cold water should be resorted to, and will afford the most grateful relief. Generally speaking, the use of cold water is far more beneficial than warm fomentations ; but now and then the latter are found of most service, when, of course, they should be preferred.

In this complaint there is a disordered state of the liver, stomach, or bowels, or of all combined ; and often of the kidneys or skin, there being a deficiency in the excretions of one or both of these organs, which are great channels of outlet for the morbid or waste matter of the system. By their being obstructed, much of the morbid matter is forced through the circulation to the liver and bowels, keeping up a disordered state of these organs, and forming an exciting cause of piles.

The treatment here given is in every way calculated to remove all such obstructions, correct such errors, and establish the order of health. Take

Senna Leaves	$\frac{1}{2}$ ounce.
Ginger, in powder.....	$\frac{1}{4}$ ounce.

Scald with half-a-pint of boiling water, stir it well and let it stand for a time, then strain and sweeten a little. Dose : a wine-glassful or more at night, repeating as often as necessary to act upon the bowels once or twice a day ; or in case of great weakness, take from four to six of our dandelion pills each night instead. A tonic medicine should also be taken, daily, as follows :—

Marsh-mallows	$\frac{1}{2}$ ounce.
Peruvian Bark	1 ounce.
Yarrow Herb	1 ounce.
Cayenne.....	2 grains.

Simmer in one quart of water for half-an-hour. Dose : a wine-glassful three or four times a day. It may be sweetened a little. Or take

Centaury	1 ounce.
Mullein	1 ounce.
Barberry Bark Powder	$\frac{1}{4}$ ounce.
Cayenne.....	2 grains.

Simmer, sweeten, and take as directed for the above.

The following is a very good ointment for piles. Rub together

Powdered Nut Galls.....	$\frac{1}{4}$ ounce.
Camphor	$\frac{1}{2}$ drachm.
Lard	1 ounce.

To be applied two or three times a day.

The extract of crane's bill root, for *internal* piles, should be injected to the bowels upon going to bed ; or a rag saturated with it may be introduced into the rectum, so as to bring it into contact with the affected parts, allowing it to remain until the next evacuation.

It is said by Dr. Quin that two or three of these applications will effect a cure.

If the piles are *external*, the extract may be confined to the diseased parts by means of a bandage.

A piece of cotton, or lint, dipped in the essence of spearmint, and applied to the piles will usually give immediate relief. The application may require to be repeated two or three times ; it produces pungent sensations, which become very painful in fifteen or twenty minutes, when it may be removed.

Great relief may be also obtained by steaming or bathing the parts with a decoction of yarrow or marsh-mallows, or poulticing with either of these herbs after boiling them.

The following ointment we have found highly beneficial, not only in relieving the piles, but, also, by its occasional use whenever the slightest symptom reappears, in preventing its return :—

Red Ochre, in fine powder ...	1 ounce.
Lard	$1\frac{1}{4}$ ounces.
Bees Wax	$\frac{1}{2}$ ounce.

Melted by a gentle heat and incorporated.

PARALYSIS AND APOPLEXY.

THIS disease is known by a loss or diminution of the power of voluntary motion affecting certain parts of the body, and often accompanied with drowsiness. It usually comes on with a sudden and immediate loss of the motion and sensibility of the parts; but in a few instances it is preceded by a numbness, coldness, paleness, and sometimes by slight convulsive twitches. In some cases the disease is confined to a particular part, but it more usually happens that one entire side of the body, from the head downwards, is affected. When the head is much affected the eye and mouth are drawn on one side, the memory and judgment are much impaired, and the speech is indistinct and incoherent.

This disorder is divided into three species :

1st. *Paralysis partialis*, partial, or palsy of some particular muscles.

2nd. *Paralysis hemiplegica*, when of one side, longitudinally.

3rd. *Paralysis paraplegica*, when of one half of the body, taken transversely, as both legs and thighs.

When palsy attacks any fatal part, such as the brain, heart, or the lungs, it soon terminates fatally.

Dr. Hooper says :—"Palsy, although a dangerous disease in every instance, particularly at an advanced period of life, is sometimes removed by the occurrence of a diarrhoea, or fever.

"The morbid appearances to be observed on dissections in palsy are pretty similar to those which are to be met with in apoplexy; hence, collections of blood, and of serous fluids, are often found effused on the brain, but more frequently the latter; and in some instances the substance of this organ seems to have suffered an alteration.

"In palsy, as well as in apoplexy, the collection of extravasated fluid is generally on the opposite side of the brain to that which is affected."

Dr. Elliotson, speaking of this disease, says :—" It is one which very often follows apoplexy, and is the result of that state which, in the first instance, is apoplectic.

"The disease may not only vary according to the part it affects, but it may also vary in degree ; so that the person shall have no use whatever of his senses ; or he shall have a use of them, only that it is impaired. Then, the paralysis may differ according as it affects sensation, or motion, or both.

"Sometimes, when half the body is paralysed, the other half is in a state of great agitation, and convulsions. These are cases of rare occurrence ; but they are mentioned by the most respectable authors, so that there is not the least doubt as to their truth.

"Cases occur where there is a morbid sense as to temperature in the paralysed parts. Some persons whose limbs are paralysed, cannot, in the paralysed parts, bear the slightest breath of cold air. It has often been known to excite convulsions ; but, more frequently, patients will feel parts which are only of a *moderate* temperature to be exceedingly *hot*. I have met with several cases of this description. The first of the kind which occurred to me took place in a gentleman, who was first induced to think there was something the matter with him from what he experienced on going to the water closet. When he took his seat he felt one side so hot that he thought some person in a burning fever must have been there before him. He wondered how the heat could be on one side, and he soon found that if he clapped his hand against the part it felt hot. He tried the other side, but no such sensation was experienced. It excited his astonishment ; and he soon found that, as he walked along, he shook his toe about. After a time, giddiness and hemiplegia occurred, and subsequently paraplegia of the lower extremities ; of which he died. Some not only feel everything hot, in this way, but they have a constant burning sensation, whether the parts are touched or not. This is very different from what we often see ; for some persons (*many* indeed) have so little feeling that a red hot iron has been applied to the paralysed parts, for medical purposes, and yet not the slightest heat has been felt. Many paralytic persons have sat near a fire, and their legs

have been charred, and yet they have known nothing about it at the moment.

"I have had two or three extraordinary cases of paralysis, where persons had a morbid sensibility to cold. I made a note of one, which occurred in December, 1823. A man, aged fifty-six, had been for twelve years so sensible to cold that he had regularly worn four flannel waistcoats; and on his wife once putting her foot against him in bed he had rigors, which made the bed shake, and lasted for a whole hour. Once, he said, his granddaughter put her cold hand upon him, and he felt an icy coldness in that spot for a month. Three years and a half before I saw him, he had a fall on the back of his neck, and from that time he has been considerably worse as to all these sensations. He had vertigo, and laboured under a loss of the power of attention. He could not fix his attention, and his spirits were much depressed. I found him thirsty and flushed, and frequently he had heat all over him; but, notwithstanding that, he always felt cold. No one else, on touching him, could discover that he was so.

"I had another patient under my care in 1829—a man, forty years of age. He had a morbid sensibility to low temperatures, throughout his trunk, and along his arms, as low as his elbows, but no further. He said that things of an ordinary temperature felt cold to him; and when he put on a calico night shirt it felt, at first, as though it had been dipped in cold water, and the sensation remained for a quarter of an hour. The sensation of putting it on next to his skin would have been intolerable, and, therefore, he was obliged to case himself in flannel; and he kept his flannel waistcoat on as long as it would stay. He said that hot things felt hot, but that any thing of a low temperature felt exceedingly cold."

The causes of paralysis appear to be the result of translations of morbid matter to the head, from suppression of usual evacuations. Nature appears sometimes to do with morbid matters in the brain what she does with matter affecting the body, that is, throws them to the surface.

Dr. Beech says:—"Palsy may arise in consequence of an attack of apoplexy. It may likewise be occasioned by anything which prevents the flow of the nervous power from the

brain into the organs of motion ; hence tumours and effusions often give rise to it."

"The proximate cause of palsy," Dr. Hammond remarks, "is clearly the suspension of the vital or electrical circulation in the part or parts paralysed. All diseases of the nervous system, in fact, originate in obstruction, more or less complete—a diminution of the nervous or vital fluid in the organ or organs which may be subject to these maladies."

In affections of this class the mouth and tongue are frequently drawn to one side. For as our muscles while in health are always held on the stretch, when one side of the face is paralysed it becomes loose and powerless, which allows the other side to contract and draw the mouth more on that side, which occurs as a natural consequence from the want of the counterbalancing contracting power of the paralysed side.

TREATMENT.

The first object to be accomplished during the paroxysm is to place the patient in a recumbent position, and in a room or place where he can breathe the purest air.

All tight parts of dress, especially those about the neck, should be speedily removed, and as soon as possible the feet and legs placed in hot water, with salt and mustard in it, for ten or fifteen minutes, then dried with hot cloths, and rubbed with a stimulating liniment (see index for liniment), and the anti-spasmodic or stimulating drops given in milk or sweetened water, if the patient is sensible enough to swallow, and repeated every ten minutes, to the number of four or five doses.

An injection into the bowels should next be given as soon as possible, especially if the patient cannot swallow. Make an infusion of half a tea-spoonful of lobelia and cayenne, in a pint of hot water, stand for five minutes, add half a pint of milk and an ounce or a gill of sweet olive oil, a table-spoonful or more of molasses, and the same quantity of salt. Mix and strain, and introduce as much as possible blood-warm into the bowels with a good syringe or enema.

This has many advantages over that of a purge ; it is quicker in its operation, and gives a greater degree of ani-

mation to the whole of the system, and frequently brings directly very large quantities of feculent matter from the bowels; and as we have always found the bowels loaded with an accumulation of fæces in all cases of this kind of disorder (i.e., fits, apoplexy and paralysis), it is therefore one of the most essential parts of the treatment. An injection of some kind, if only of warm soapy water, should be given wherever an instrument can possibly be obtained.

This simple process is attended with the most extraordinary effects in all affections of this kind, as well as in numerous other diseases, and we have never known it fail to exert other than a salutary and decidedly good effect.

The patient should be covered warmly, in order to excite perspiration.

Either bottles of hot water, or hot bricks folded in cloths wet with vinegar should be applied to the extremities, to assist in recalling a thorough circulation of heat and animation throughout the whole system, and thus assist in restoring animation to as great an extent as possible to the paralysed portions of the body, and especially to relieve any portion of the brain of its stagnant condition, a state which always exists in some degree both in this disorder and in apoplexy.

The next essential point in practice is that of giving tonics, nervines and stimulants combined, as soon as it is ascertained that the patient is better. The great and manifold benefits to be derived from support being given to the system when at its best conditions, in these turns which are to be found in all disorders or diseases, was first discovered and vividly pointed out by Dr. S. Dickson. By our attention to this point we have made cures innumerable, both quickly and permanently, in all kinds of disorders, even in chronic cases of many years' standing, that had baffled the practice of the old and guess-work system of ordinary physic.

A medicine embracing these qualities will be found in the following:

Take of Centaury	1 ounce.
„ Valerian Root, powdered or bruised	$\frac{1}{2}$ ounce.
„ Virginia Snake Root, do.	do. $\frac{1}{2}$ ounce.
„ Cayenne Pepper	2 or 3 grains.

Or common pepper, black or white, a tea-spoonful. Scald in one quart of water. Dose : a wine-glassful every two hours while in an improved condition.

The injections should be repeated every night, or night and morning, according to the urgency of the case, and the limbs bathed and liniments applied.

If either of the articles of medicine in the mixture cannot be obtained, the following may be substituted :—

For Centaury,	Gentian Root.
„ Valerian,	Sculcap.
„ Virginia Root,	$\frac{1}{2}$ oz. of Angelica, or Galengal Root, in powder or bruised.

Or a mixture may be chosen from other tonics and nervines given in the *Materia Medica* of this work.

Dr. Graham says :—“ Although in systems of physic it has been usual to divide this disease into the two varieties of sanguineous and serous ; the former arising from the effusion of blood, the latter from the extravasation of serum ; yet it is very doubtful whether these distinctions have any real foundation in experience or observation. But in treating this disease, it is unquestionably proper and necessary to attend to the following modifications, namely :—

1. “ Apoplexy occurring in the vigorous and plethoric.
2. “ Apoplexy attacking a constitution infirm by nature, or enfeebled by age, intemperance, or excessive exertion.”

In apoplexy, and also palsy, it may be seen by strictly observing what the faculty say of the causes and of the conditions they find by dissection, in cases of death from paralysis and apoplexy, that the only difference is in intensity, or that the brain suffers more acutely in apoplexy than in paralysis. Thus it is that apoplexy, being of the acute form, terminates quicker (either in relief or in death) than paralysis, in which the chronic form is manifested, people living so many years in a crippled state.

THE SHAKING PALSY.

This is only another variation of symptoms in the same disorder (paralysis). It consists more or less of an almost constant agitation of the head or limbs, often by degrees

extending in time throughout the whole frame ; the body generally becomes bent forward, often with a propensity to run or fall headlong. The approach of this malady is so imperceptible that the precise period of its commencement is seldom recollected by the patient.

Commonly, the symptom first noticed is a tremor in the hands or arms.

This affection gradually increases, the patient bends himself forward by degrees, and the legs suffer similar agitation and loss of power. As the disease advances the limbs become less and less capable of executing the dictates of the will.

The causes, says Dr. Graham, are : long exposure to damp vapour, by lying from night to night on the bare earth, has produced it, as well as other causes of chronic rheumatism, and long indulgence in spirituous liquors. Indeed, anything that greatly debilitates the nervous power may prove a cause, as the daily exhalation of metallic and other injurious vapours, &c. But sometimes the remote causes are involved in obscurity.

The treatment of this kind of case should be similar to that of paralysis, only milder, and slower in carrying the applications out, as the injections once or twice a week and of somewhat less strength, and the liniment, or plaisters (a galbanum plaster is one of the best), applied to the spine.

The tonics taken are to be the same as in paralysis.

QUINSY, OR INFLAMMATORY SORE THROAT.

In this complaint, the inflammation principally occupies the tonsils ; but often extends through the whole mucous membrane of the fauces (the top part of the throat at the back of the tongue), which first receives the masticated food when in the act of swallowing. The palatine arch, uvula, and other parts which surround the top of the throat are also more or less affected with swelling and inflammation. If both tonsils be inflamed, on opening the patient's mouth

two large red balls are seen, one on each side of the throat, which impede the speech, respiration, and deglutition (the act of swallowing). The swollen glands may also be felt externally—in common language people say, “the almonds of the ears are down.” Besides this hard swelling there is frequently very great pain—stabbing or shooting to the ear, and, necessarily, great tenderness felt—particularly on swallowing. The disease sometimes occurs on one side only; and it is said that it will shift from one tonsil to the other—as when one ceases to be inflamed, the other becomes so.

The causes which usually give rise to it are, exposure to cold, either from sudden vicissitudes of weather, from being placed in a partial current of air, wearing damp linen or clothes, sitting in wet rooms, or getting wet feet; all of which may give a sudden check to perspiration.

An inflammatory sore throat discovers itself by a difficulty of swallowing and breathing, accompanied by a redness and tumour in one or both tonsils, dryness of the throat, foulness of the tongue, and lancinating pains in the parts affected, a frequent but difficult excretion of mucus, and some degree of fever. As the disease advances, the difficulty of swallowing and breathing becomes greater, the speech is very indistinct, the dryness of the throat and thirst increases, the tongue swells and is incrustated with a dark fur, and the pulse is full and frequent. In some cases, a few white sloughy spots are to be observed on the tonsils. Sometimes the inflammation and swelling proceed to such a degree that it becomes exceedingly difficult to give any kind of nourishment, the patient in some instances being entirely unable to swallow; in other cases an abscess is formed which may terminate in suppuration, or subside without it, terminating in what is called “resolution.”

In the treatment of this disorder, although the severity of the local symptoms is so great, yet it must be borne in mind that there is a feverish state of the body, and that it is on this constitutional condition that the violence and continuance of that local diseased state is dependent. The Thompsonian course of medicine should therefore be pursued, and, if necessary, repeated, which will be found to thoroughly relieve that feverish state. Tonics should be given three or four times a day; there should

also be frequent gargling, and applications of the gargle to the throat outwardly. The powders or pills should be taken to regulate the bowels, as directed for other diseases. This treatment will subdue and cure the worst forms of this disorder. In lighter or milder cases of it, it is often only necessary—together with the local remedies, as gargle, &c., and the use of the aperients—to keep the patient in such a degree of warmth, by means of a frequent supply of pungent diaphoretic drinks as will promote a constant gentle perspiration. For this purpose a tea of angelica or yarrow, with a little cayenne added, or of the diaphoretic powder, is generally sufficient. If, however, there should be a difficulty in obtaining or maintaining a general perspiration, the vapour bath and stimulating tea repeated two or three nights in succession will, with the above, in all but the most violent cases, be effectual. An excellent tonic is made with the following:—

Horehound	1 ounce.
Centaury	1 ounce.
Hyssop	$\frac{1}{2}$ ounce.

Cut small, and scald with one quart of water; when cool, strain and add a quarter of an ounce of either the antispasmodic, or nerve drops. Take a wine-glassful three or four times a day. The gargle to be used is called pepper sauce—(see Index)—and for change of tonics see other recipes. The treatment here given for quinsy is equally good for ordinary sore throat; and the more active treatment, for putrid sore throat.

Dr. Stevens while at St. Kitts said (speaking of this gargle) that he had employed this remedy in about four hundred cases, and with surprising success; the ulcers in the back part of the mouth soon cast off their sloughs, and began to heal; a general pleasant warmth was diffused throughout the system, and the vital powers speedily resumed a more natural condition.

If the tonic mixture recommended does not in any particular case arrest the feverish state, two or three grains of quinine should be given three or four times a day, either alone, or in combination with it.

RHEUMATISM—(*RHEUMATISMUS*).

THIS disease is characterised by pain in the joints, which is increased by the action of the muscles belonging to the joint, and by fever, as chills and heats, over the body.

Rheumatism is divided into two kinds—acute and chronic. The former commences with chilliness, followed by flushes of heat and a quick and hard pulse, being distinctly accompanied with fever. The skin is hot and dry in some cases, the thirst excessive, the urine scanty and high coloured, the tongue covered with a white or brown coat, and the breath offensive. The bowels are generally costive. Sometimes there is head-ache and redness of the eyes, and in some instances a vomiting of bilious matter. The pain is sharp, and the inflammation and swelling intense, wandering from one part to another. The pains are mostly confined to the larger joints, but sometimes the muscles about the ribs are affected.

The latter is distinguished by pains in the joints, being attended, however, with a less obvious amount of fever than the acute form, although the changes of chills, heats, sweats, and remissions do take place to some extent, and are easily seen by carefully watching. This form is subdivided by the faculty into three species, and named according to the part that is most prominently affected. If it be situated in the loins it is called *lumbago*, that being the region of the lumbar vertebræ; if situated in the hips it receives the name of *sciatica*, on account of its affecting the nerve of that part, which is called the sciatic nerve; when the joints only are affected it is called *arthrodynia*, which last is stated by Hooper to be often one of the terminations of acute rheumatism. In his *Medical Dictionary*, he says:—"Acute rheumatism usually comes on with lassitude and rigors, succeeded by heat, thirst, anxiety, restlessness, and a hard pulse; soon after which, excruciating pains are felt in different parts of the body, but more particularly in the joints of the shoulder, wrist, knees, and ankles, or, perhaps, in the hips; and these keep shifting from one joint to

another, leaving a redness and swelling in every part they have occupied, as likewise a great tenderness to the touch. Towards evening there is usually an exacerbation, or increase of fever, and during the night the pains become more severe and shift from one joint to another."

Dr. Beech, speaking of the acute form, says :—" Before this disease manifests itself externally there are peculiar constitutional symptoms. These consist in more or less severe shivering, alternating with flushes of heat, followed by quickness and fulness of the pulse, hot skin, thirst, and sensation of fatigue in the back and extremities. After several hours—sometimes not before the expiration of a day or two—an aching or gnawing pain is felt in one or more of the larger joints, which goes on increasing until it becomes exceedingly severe, often lancinating, as in gout, and greatly aggravated by the slightest movement or pressure. Sometimes the fever almost entirely subsides in the morning ; this, however, is attended with little or no mitigation of the pain."

Of the chronic form he writes :—" In severe and protracted cases, the pain periodically is very sharp, and the body is drawn into an unnatural position, which subjects the patient to great misery. Sometimes there is inflammation and swelling, with general excitement, sufficient to indicate the existence of some inflammation ; the tongue is white and coated, the skin is dry and harsh, the pulse quicker than natural ; . . . both the constitutional and local symptoms may continue, varying at times in severity, according to circumstances, during a longer or shorter period, sometimes several years ; and if the disease is not checked by proper treatment, or does not subside spontaneously, it may undermine the patient's health, disorganise the joints, waste the muscles, and render him a cripple."

The purification of the system, by setting free the secretions and excretions of the various glands and skin, relieves the febrile symptoms that exist. As the liver and its associated organs are more particularly the seat of engorgement, the right performance of their functions is, obviously, of great importance. The medicines here recommended are found to accomplish this most desirable object of setting free the excretory matters.

The furred tongue is evidence of a morbid condition of the digestive organs, in which state emetics prove highly serviceable, as they not only cleanse the stomach of its vitiated contents, but also set free the secretion and excretion of every gland and organ of the body, thus removing to the greatest extent the violence and malignity of the fever, and need only, in the greater number of cases, to be followed up by the other mild treatment in order to complete the cure. It may be found necessary, however, in extremely bad cases, to repeat the Thompsonian course of medicine two or three times at intervals of a few days, which, together with the daily medicines, will soon be effectual in removing the disorder. Numerous cases might be cited to prove the efficacy of this treatment in arresting this disease, not only in its forming stage, but after it has become fairly established. A general perspiration of the whole body is of such great importance that it should never be omitted. It is impossible to treat fever successfully, or to act as a servant to nature without removing the obstruction which invariably exists in the capillary vessels, especially in those of the skin, in which the first great effort of the system in this direction is made in producing a universal sweat, by determining the blood to the skin, or the surface of the body. When nature accomplishes this fully, it is considered to be the favourable turning point in every disease. The skin is the most extensive and general channel, and one that can be employed with more safety and benefit than any other known channel for the removal of waste or worn out matter from the body. The statements made of the amount of sweat passed by some men who have worked before large fires, and by those who have been experimented upon, are almost incredible to those who have never been acquainted with such cases of extensive sweating. These people not only enjoy good health, but in many instances grow fat. We mention this to show that none need be afraid of a few judicious sweatings, as we have heard some persons, from ignorance of the salutary influence of perspiration in disease, express their fears that their effect upon them would be weakening. If the perspiration be produced in the way, and at the times that we have recommended, the functions will be set free and the body strengthened. If the system be not thus relieved it will retain its disordered state, and be, ultimately, destroyed.

The commencement of the treatment of this disease should be, as in all others, according to the stage or state that is present. At the beginning of the complaint, or even when far advanced, the tongue is foul, the skin hot and dry, the pulse high and strong, or irritable. These states are usually more marked in the afternoon, or first part of the night. When these symptoms, or the greater part of them exist, it is called the hot stage, at which time it is proper to administer the Thompsonian course of medicine. If the bowels have been previously relieved, the injection may be omitted, care being taken, however, to properly carry out all the other particulars of the course; and if perspiration be not fully produced the first time, the bath should be repeated on the following night until a thorough perspiration and relief be obtained. Take, also, daily, a medicine made as follows, which may be sweetened to taste :—

Prickly Ash Bark	1 ounce.
Gentian Root	$\frac{1}{2}$ ounce.
Burdock Root	$\frac{1}{2}$ ounce.

Boil in one quart of water for half an hour, strain when cool, and add half an ounce of tincture of guaiacum, and two grains each of cayenne and lobelia powder. Dose : a wine-glassful three or four times a day. Balm, or peppermint tea may be drank warm, and if, by this, a gentle perspiration is not kept up, small quantities of the sudorific powder several times a day will be effectual in doing so.

An excellent liniment for this disorder is made of two ounces of black bryony root, scraped very fine, or rubbed through a bread-grater, and pouring on it half a pint of hot vinegar. Work well up together, and apply to the swollen joints after hot bathing. If this cannot be got, the liniment given for bruises may be substituted. It is sometimes the case that, in the advanced or latter stages of the fever, those medicines of the emetic and aperient kind are very little, if at all needed, and if used must be of the mildest doses, and but seldom. As vital energy is at a low ebb the system principally requires tonics, local and symptomatic remedies, light nourishing food, and everything of a supporting nature. The following is an excellent recipe :—

Bogbean.....	$\frac{1}{2}$ ounce.
Peruvian Bark	$\frac{1}{2}$ ounce.
Parsley Root	1 ounce.

Simmer a quarter of an hour in a quart of water, strain when cool, and add a grain or two of cayenne, and half an ounce of tincture of guaiacum. Take a wine-glassful three or four times a day. When the pains and swellings have all subsided the tincture of guaiacum is not needed, and other tonics as given in liver complaint, or those for derangement of the kidneys, are useful as a change of medicine.

RINGWORM.

THIS is an eruption on the skin in vesicles, with a reddish base, or having a slightly discoloured surface, appearing in circular patches, generally about the head, face, and occasionally the neck, shoulders, arms, and backs of the hands. The patches are studded with minute pimples, which break and discharge a little watery humour, the discharge taking place mostly on being rubbed or scratched. The patches increase in size, and multiply in number, often by the finger ends conveying the moisture after scratching; thus much care and attention are required or they may spread rapidly. By this description, and by what is given in the quotations from others, this disorder will be easily distinguished from the other forms of diseased scalp.

Dr. Mattson says :—"When the circles are large, the skin in the centre has a healthy appearance, but otherwise it is reddened, somewhat elevated, and roughish. The pimples break in four or five days, followed by thin brownish crusts, which finally scale off. In many cases, however, there are frequent renewals of the eruption, which protract the disease for many weeks and even months."

Dr. Wilson writes :—"In earlier editions of this work, I recommended washing with soap and water; I now withdraw that recommendation in favour of brushing only, using at the same time sufficient pomatum to keep the roots of the hair moist.

"In common ringworm, the first symptom that fixes attention to the head of a child is a teasing itching of the skin. When the head is examined, a patch will be perceived, which is slightly raised above the level of the surrounding surface ; is white, and, as it were, dusted over with a fine powdery scurf. Moreover, the skin immediately around the hairs is raised up into little pimples like those of goose skin. All the hairs arising from the diseased patch are affected in the same way, and if the disorder has been in existence for two or three weeks, the hairs will break off when gently pulled or combed. In another week or two the greater number of the hairs will have been broken off, and the patch be left comparatively bald. The baldness, however, is not complete, for numerous short stumps of hair remain, and some of longer growth, but these vestiges are bent and twisted and more like tow than hair.

"In a more advanced stage of the disease, a thick crust composed of matted hair and scurf, glued together by a watery discharge poured out under the influence of irritation, covers the patch, and spreads more or less extensively over the surface. It rarely happens that only one patch exists on the head ; usually there are several, sometimes as many as fifteen or twenty, and often similar spots are found on the face, the neck, the arms, and the trunk of the body. The spots on the head, from their oval shape, have been compared to the scuta or shields carried by the ancient warriors, and hence have suggested, as a specific name for the disease, *Scutulata*. Turner, speaking of this complaint, observes that the hairs 'fall off, not altogether from the root, but by piece-meal.' He then plunges into the error which gave origin to the term *ring-worm* as applied to this disorder. We know full well that there is no worm or living creature in the case, but that the breaking off of the hair is due to the brittleness occasioned by diseased formation.

"The appearance of the short stumps of hair is, however, very suggestive of the operations of the moth-grub, and very like the effect produced upon furs by that little agent of destruction.

"By means of the microscope, I ascertained that the hairs in ringworm are considerably swollen, and that their structure is entirely altered from its original type ; that, for

example, the outer portion of the fibrous part is converted into small granular cells, having a diameter of about one-five-thousandth part of an inch ; that many such cells are introduced between and among the fibres of the fibrous part, so that the latter is, as it were, disintegrated by the intrusion of these granules, and, consequently, weakened in its tenacity. This is the cause of the enlargement of the hair, of its lighter colour, twisted, tow-like appearance and fragility.

TREATMENT.

Make a wash of half an ounce of lobelia herb, scalded in half a pint of water, keep covered till cool, strain off and add a quarter of an ounce of simple tincture of myrrh.

The parts affected should be wetted with this wash once or twice a day for three or four days or a week, and dressed each time as soon as dry with dock ointment (for which see Index). We do not advise the hair to be cut unless the affected parts cannot be got at without, neither is it well to wash the head often with soap and water, or attempt to remove the scabs or crusts, but frequently apply the ointment, and let the crust break up, crumble, and come away of itself, when the places underneath will be quite well.

The medicines taken should be the same as those advised for scurvy. Other ointments, recommended in this work for eruptive or skin diseases, can be used in change with the dock, and which ever is found to be the most effectual should be continued longest. (See Index for other ointments.)

SCALD HEAD—(*TINEA CAPITIS*).

THIS occurs most commonly in two forms, and is mostly confined to children, more especially the second form here described. In the one it commences with an inflammation of the scalp or skin of the head, or some part or patch of it ; is itchy : very small, shiny pimples arising. Soon there is a watery humour secreted, and the whole of the inflamed part becomes very wet, which dries into a scurfy or scaly

crust, often soaked by the again pouring out of the watery humour, which fluctuates much in the quantity that is passing at the different times, there being some days or parts of days when much more is secreted than on others ; with an alternation of a drying and flaking of a crusty condition. This disease sometimes extends to the ears and eyes. This kind of the disorder is always preceded by some degree of febrile symptoms, as coldness or shiverings, followed by headache, flushings of the face and head, loss of appetite, great languor, and increased quickness of pulse, many of which symptoms are much increased or aggravated in the evening or first part of the night.

The other form has large yellowish pimples or pustules, the skin is more inflamed, and there are all the feverish symptoms of the other form present. The pimples sometimes appear first on the face, at other times behind the ears, spreading thence to the scalp, which, when broken, discharge a yellowish matter and run together, gradually forming scabs of a yellowish or greenish hue. In some cases the dry condition prevails to a considerably greater extent than the moist-discharging condition, and in the former the dry crust falls off in bran-like scales, sometimes in considerable quantity ; and, indeed, this falling off of scales takes place also in the latter upon approaching to convalescence.

By minute examination it is found that scald head is characterised by small ulcers at the roots of the hair of the head, which produces a friable (easily crumbled) crust.

It is certain that all cases of ringworm and scald head will get well if sufficient attention be paid to the health of the patient. The first indication, then, is to restore the health by medicine, diet, air, and exercise, sea bathing, or any other well-known supporting means that are productive of a high condition of health ; but where all these benefits cannot be obtained, by paying strict attention and persevering in the treatment hereafter given, the disease will surely be cured.

The inflamed state of the skin is wholly dependent upon a slight increase of that feverish derangement which always accompanies to some extent every derangement of health. Indeed, all the variations in the symptoms to which the faculty have given so many names, are principally owing

to the various degrees in the feverish evolutions which occur in the different patients, and even at different times in the same patient. There are also many trying circumstances in life that greatly influence the state of a constitution, which are sufficient in themselves to give rise to the variations to which they give the different names.

Dr. Erasmus Wilson says :—"The presence of a copious watery discharge in this eruption, conjoined with the formation of a thick crust, has gained for it the appellation of *humid tetter*, a name which is properly applied. When it affects the scalp, and continues for a long time, the deep tissues of the skin become implicated, and the roots of the hairs may become injured and the hair fall off. In the latter case the disease is a cause of partial baldness, and is entitled to the designation *humid scale* or *scalled head*. A variety of humid scalled head, in which the humour from the excoriated surface runs down upon the hairs and encloses them in little silvery pellicles or sheaths, has received the name of the *asbestos scall*. But the term "scall" is very objectionable, and a fertile source of error and mistake. Infants and young children are subject to attacks of this eruption on the face, and the association derived from the nature of their food, at this period of their lives, has gained for the disease the name of *milk crust*. There is, however, another milk crust to which I shall have occasion to refer when treating of the next group of diseases, the mattery pimples.

"Impetigo, in one respect, resembles the humid tetter, namely, in the oozing of fluid from the excoriated skin. It is this fluid, or humour, which causes the great thickness of the crusts, and their reproduction when once removed. A resemblance may be traced also in the manner of evolution of the eruption ; for sometimes the mattery pimples break out in clusters of regular form and various size upon a single part of the body, and at other times they are scattered irregularly over the entire surface of the skin ; the former are termed *figured*, the latter scattered ; the former presents occasionally another peculiarity, namely, growth by the circumference and evanescence in the centre, forming a *crusted ringworm*. Crusted tetter sometimes excites St. Anthony's fire, and at other times is remarkable for tardi-

ness and obstinacy of course and duration. When the latter character prevails, the eruption extends over an entire limb, or deposits an uniform incrustation around it, so that the limb has the appearance of a branch of a tree with a cracked and rugged bark. This kind of case necessarily interferes with the motions of the limb, and wherever it cracks the humour rises up in the crevice, and spreads for a little distance around the opening. Generally, the oozing streams are tinged with blood, and the crusts which form are of a deep brown colour or black.

"I have remarked that the crusted tetter may invade the scalp, and when it does so and remains on the head for any time it causes fall of the hair, and becomes, in consequence, a 'scall.' The varieties of character which it presents on the scalp have given rise to some of the idle names assigned to these eruptions. For example, when the crust is brittle and greyish in colour and breaks up into little pieces, which are fixed on the hairs like beads upon a string, or scattered loosely among them, the disease is called the *granulated scall*; and when the crust is harder, and, guided by the hair, forms rigid prominences like stalactites in their shape, the disease becomes a stalactitic scall. The scalls caused by the humid tetter have been already described."

It may be seen by the above quotation that eruptive diseases have been divided to a ridiculous extent, which divisions, as we have before remarked, must tend to confuse the understanding.

It is shown that one eruption is supposed to form another, which receives a new name. It is stated that Impetigo in one respect resembles humid tetter, and that the resemblance may be traced also in the evolution of the eruption, which is called *figured* or *scattered*, according to its extent over the surface of the body; that the *figured* has this peculiarity, viz., growth by the circumference and evanescence in the centre forming a crusted ringworm; that crusted tetter sometimes excites St. Anthony's fire (erysipelas), when from duration the eruption extends over an entire limb, or deposits an uniform incrustation around it; that the eruption has a cracked rough appearance, the humour rising up in the crevices, spreading, and forming a brown crust; that crusted tetter may also invade the scalp

and cause the fall of the hair, and become, in consequence, a "scall"—the doctor remarking that the varieties of character which it presents on the scalp have given rise to some of the idle names assigned to these eruptions. It is further shown that when the crust is brittle and of a greyish colour, it is called the granulated scall ; that when the crust is harder and forms rigid prominences, it is said to become the stalactitic scall ; and that when mattery pimples are on a deeply inflamed skin, the disease is called the ecthyma.

The treatment for this disease should be the same as that for leprosy and ringworm.

SCROFULA, OR KING'S EVIL.

THIS disease chiefly affects the glands, especially those of the neck, and its first appearance is most commonly in that of small, oval, or spherical tumours a little more than skin deep, which are not painful, nor the skin which covers them discoloured. They are mostly situated upon the sides of the neck, under the ears, or the angle of the jaw bone, and under the chin. After some length of time the tumours grow larger, shifting lower down as they do so, and become fixed ; the skin which covers them acquires a purple or livid colour, and, being much inflamed, they at last suppurate and break into a small hole from which, at first, a matter or pus oozes out, which changes by degrees into a kind of viscid sérous discharge, intermixed with a white curdy substance. The ulcers in course of time open more and spread unequally in various directions. Other tumours often quickly form in different parts of the body and proceed on, in the same slow manner, as the former ones, to suppuration. In its mildest form some of the first ulcers may heal up in the meantime, and in this manner the disease goes on for years, or until some favourable change in the circumstances or occupation of life, or a greater degree of health and vigour is obtained, when the ulcers sometimes all heal up without any more forming, but leave behind them an ugly puckering of the skin and often scars of considerable extent. In the virulent form, however, the joints are the parts affected,

which swell and are stiffened, and affected with excruciating deep-seated pain, which prevails to a much greater degree in the *large* joints, such as the hip, knee, or ankle. The smaller joints, as of the hands or fingers, or of the feet or toes; in the greater number of cases are not painful. In cases where the joints are affected, there is rarely, if ever, any appearance of the disease in the glands of the neck, or other soft part of the body. The tumour almost uniformly surrounds the joint, the swelling and inflammation making it stiff and so preventing its motion.

Scrofula is most prevalent where the seasons are variable and the atmosphere is cold and humid. The long continuance of inclement weather is also likely to increase any predisposition to scrofula, and in delicate constitutions much predisposed to this disorder a short exposure to wet and cold is a sufficient immediate exciting cause for an attack.

The influence of climate, says Dr. Gregory, is immense, and may be estimated by the following:—"In the East and West Indies, scrofula is hardly known; but when the natives of either are brought into America or any European country they suffer from it severely. The prevalence of scrofula is directly proportioned to the coldness, or, more properly, to the variableness of the climate."

Mr. John Stevens, in his *Medical Reform*, says:—"This disease, perhaps more than any other, is ascribed to hereditary taint; and, certainly, children who have the misfortune to be born of sickly parents are most liable to it, especially if those parents have been given to debauchery, or have suffered from venereal disease, or the mercurial or drug disease, induced by the depletive treatment of this or any other disorder. It is often left after measles, fever, or whooping cough; but, apart from all this, it may arise from living in a low, damp, confined situation, breathing a foul atmosphere, and from unwholesome food."

Dr. Beech remarks upon this disease:—"Scrofula is not communicable from one person to another, neither can it be conveyed into the system by inoculation. The opinion, also, that scrofulous nurses may infect children, seems quite destitute of foundation.

"Pinel and Alibert have purposely kept scrofulous and healthy children together in the same ward, without any of

the latter receiving the complaint. Hebreard could not communicate the disease to dogs by inoculation. G. T. Kortum, whose valuable work contains everything known about scrofula at the period when it was written, tried in vain to impart the distemper to a child by rubbing its neck every day with the pus discharged from scrofulous ulcers. Lepelletier, desirous of ascertaining the correctness of such experiments, has of late repeated them; he has made guinea pigs swallow scrofulous matter, and he has injected it into the veins, and applied it to wounds, but in no instance was there even a temporary appearance of the disease being communicated. The same author also mixed scrofulous with vaccine matter, and inoculated with it, yet he never found the vaccine vesicle thus produced deviate in the least from its regular course. Lastly, Lepelletier inoculated himself with pus discharged from scrofulous sores, as well as with the serum collected under the cuticle of a strumous patient after the application of a blister, but he remained free from every scrofulous ailment. Goodlad inoculated himself several times with the discharge from scrofulous sores and abscesses, and the result showed that the disease could not be then transmitted.

"According to White, scrofula prevails more extensively in temperate latitudes than in very hot or very cold climates. It is also more frequent in some parts of Europe than others. At all periods it seems to have been a very common complaint. From history we learn that it was denominated the king's evil in the time of Edward the Confessor, who is supposed to have been the first that attempted to cure it by the royal touch. From a register kept in the royal chapel we find that Charles II. touched 92,107 persons in a certain number of years; and this equally bigoted and useless practice was not discontinued till a recent period, when kings were found to be, as well as their poorest subjects, totally destitute of all supernatural power."

Dr. Dickson, in the course of one of his lectures says: "Let me now say a few words on tumours generally; premising that the term 'tumour' is merely the Latin word for any swelling, though we usually employ it in the more limited sense of a morbid *growth*. It is a very common error on the part of medical men to state in their reports

of cases, that a 'healthy' person presented himself with a particular tumour in this or that situation. Now, such practitioners by this very expression show how much they have busied themselves with artificial distinctions—distinctions which have no foundation in nature or reason—to the neglect of the circle of actions which constitute the state of the body termed health. Never did a tumour spring up in a perfectly healthy subject. In the course of my professional career I have witnessed tumours of every description, but I have never met one that could not be traced either to previous constitutional disturbance, or to the effect of local injury on a previously unhealthy subject. Chills and heats have been confessed to by almost every patient, and the great majority have remembered that in the earlier stages their tumour was *alternately* more or less voluminous."

In this affection the bowels are usually torpid, the digestion imperfect, the skin and liver inactive, and the circulation feeble or languid. It will be found that as these difficulties or conditions are remedied, so will the system recover its tone, and the disorder be removed or cured. All the conditions of constitution that exist in scurvy are found in this disorder, to which they are of near kin, and as far as our experience goes, they arise from the same causes, the only difference in the two disorders being in the locality in which they are settled. Scurvy is seated in the skin, and its sebaceous and perspiratory glands immediately beneath it, while scrofula is found in the larger glands, principally the lymphatics, such as are found about the neck.

The medicines for scrofula are the same as for scurvy; sometimes, however, a drachm of iodide of potassium is better than the ammonia; it is as well, therefore, to try it for a few days, and if found to agree, to continue taking it so long as it may be necessary. If the disease be only of a few days' formation, a poultice of salt slightly wetted, folded in a piece of thin white rag and bound on the swelling and renewed two or three times in the twenty-four hours will be beneficial. Give the patient a mild aperient, put the feet in hot water, and let him take also some warming medicine two or three nights in succession, so as to induce some perspiration in the fore part of the night, and the disorder will soon be removed. Tonic medicines should

be taken for a short time, as our spiced bitters or any of the mixtures recommended in the treatment of scurvy. When it does not yield to these measures, and when the swellings are of long standing, the poultices should be of bread and water, with a little of powdered slippery elm and cayenne pepper, in equal parts, rubbed together and sprinkled upon them, so that the elm and cayenne may come directly upon the swollen parts. The medicines as directed for scurvy may in these cases also be given, and wherever the pulse is not too low the baths and emetics should be a few times employed. When the swellings have broken, discharged, and become reduced, the marsh mallow leaves, bruised and made soft in hot water and applied as a poultice for a week or more, will reduce the hard edges which may remain, and set up the healing process. This has been my experience in many cases that have been badly treated by the faculty. Where the cayenne and elm have been well and fully applied there were no hard or elevated edges left; and in the course of two or three weeks the abscesses have been brought down level with the surrounding parts, generally leaving no trace of the disease behind.

We do not remember any cases in which it could be said that we had a fair chance that we have not been successful in curing. In one case, which had been given up by the faculty, where there were several open wounds about the hip, unbroken swellings in the thigh, measuring ten or twelve inches in circumference, where the body emitted such an offensive sweat day and night that we could scarcely stay in the room, attended with excruciating pain, we soon altered the extent and nature of the sweating, ultimately relieved the pain, and so far cured him that he could get about by the aid of a crutch. This was a case of confirmed hip disease, that part having much grown out before we saw the patient.

The dock, or vervain ointment, with a little bees'-wax melted with it, is suitable for scrofula. It should be made as follows :—

Resin and Frankincense	1 oz. each.
Bees'-wax	1 oz.
Dock or Valerian Ointment ...	2 ozs.
Melted together.	

DERBYSHIRE NECK OR GOITRE (*BRONCHOCELE*).

Dr. Hooper describes this disease as follows :—

"It is marked by a tumour on the fore part of the neck, and seated between the trachea and skin. In general, it has been supposed principally to occupy the thyroid gland. We are given to understand that it is a very common disorder in Derbyshire ; but its occurrence is by no means frequent in other parts of Great Britain, or in Ireland. Amongst the inhabitants of the Alps, and other mountainous countries bordering thereon, it is a disease very often met with, and is there known by the name of Goitre. The cause which gives rise to it is by no means certain, and the observations of different writers are of very little practical utility. Dr. Saunders controverts the general idea of the bronchocele being produced by the use of snow water. The swelling is at first without pain, or any evident fluctuation ; when the disease is of long standing, and the swelling considerable, we find it in general a very difficult matter to effect a cure by medicine or any external application ; and it might be unsafe to attempt its removal with a knife, on account of the enlarged state of its arteries, and its vicinity to the carotids ; but in an early stage of the disease, by the aid of medicine, a cure may be effected."

The medicines are, as given in scurvy and scrofula, and the liniments and poultices as used to reduce swollen joints and tumours in general (see Index for articles on such diseases).

SCURVY.

THIS disease may be known in its slight form by a roughness of the skin either in small or large patches, which in some cases are at first without inflammation, but soon become inflamed in the course of the disorder. In worse cases it commences with inflammation, and there is a humour weeping from the surface, which dries into thin scales or flakes, and falls off, having a bran-like appearance. The partially dried humour forms a succession of these scales, and there

are often several layers at the same time covering the inflamed part—the outermost of them falling off. In still worse cases the affected part becomes much swollen, the crust much thicker and harder, the continued and increased inflammation sometimes forming deep ulcerated wounds.

The worst kind of scurvy is generally found to take place among sailors and soldiers, whose health has been much tried by long voyages in distress, by campaign privations and trials, or by ill-ventilated barracks. As the disease advances, other symptoms come on, the face becomes of a pale leaden colour, the teeth decay, the gums bleed and often ulcerate, hæmorrhages, or discharges of blood, take place from different parts of the body, pains and dry scaly eruptions occur upon various parts of the body, and there is more or less of a wasting hectic fever. It is often the case that the patient is carried off by dysentery, diarrhoea, asthma, or consumption."

Dr. Mattson writes of this disorder :—"It is not necessary to mention the different species into which this disease has been divided, as they differ from one another chiefly in degree. What is called *land scurvy*, however, is seldom attended with those highly putrid symptoms which appear in patients who have been long at sea, and which, we presume, are rather owing to the unwholesome food eaten by sailors on long voyages than to any specific difference in the disease."

On land it arises more from a sudden or frequent check being given to perspiration, and it is found to prevail with persons working in damp situations, or in the presence of furnaces or hot stoves. It arises also from the "long use of salted or smoke-dried provisions, or any kind of food that is hard of digestion and affords little nourishment. It is sometimes owing to an hereditary taint, in which case a very small cause will excite the disorder. Grief, fear, and other depressing passions have a great tendency both to excite and aggravate this disease."

Dr. Buchan says :—"I have often seen very extraordinary effects in the land scurvy from a milk diet. This preparation of nature is a mixture of animal and vegetable properties, which of all others is the most fit for restoring a decayed constitution and removing that particular acrimony

of the humours which seems to constitute the very essence of the scurvy and many other diseases. But people despise this wholesome and nourishing food because it is cheap, and devour with greediness flesh and fermented liquors, while milk is only deemed fit for their hogs.

"Wort has been found to be a proper drink in scurvy, and may be used at sea, as malt will keep during the longest voyage. A decoction of the tops of the spruce fir is likewise proper; it may be drunk in the quantity of an English pint twice a day. Tar water may be used for the same purpose, or decoctions of any of the mild mucilaginous vegetables, as sarsaparilla, marsh mallow roots, &c. Infusions of the bitter plants, as the lesser centaury, marsh trefoil, or bogbean, &c., are likewise beneficial. I have seen the peasants in some parts of Britain express the juice of the last mentioned plant and drink it, with good effect in those foul scorbutic eruptions with which they are often troubled in the spring season."

We know no way of curing this disease but by pursuing a plan directly opposite to that which brings it on. It proceeds from a vitiated state of the humours, occasioned by errors in diet, air, or exercise; and this cannot be removed but by a proper attention to these important articles. If the patient has been obliged to breathe a cold, damp, or confined air, he should be removed as soon as possible to a dry, open, and moderately warm one. If there is reason to believe that the disease proceeds from a sedentary life, or depressing passions, as grief, fear, &c., the patient must take daily as much exercise in the open air as he can bear, and his mind should be diverted by cheerful company and other amusements. Nothing has a greater tendency either to prevent or remove the disease than constant cheerfulness and good humour. But this, alas! is seldom the lot of persons afflicted with the scurvy, they are generally surly, peevish, and morose.

Dr. Hunt says:—"Oil-silk caps are abominable contrivances, producing in effect a perpetual steam-bath, or else choking the exhalent vessels with their own excrementitious matters. A light thin muslin cap may be worn as a decent veil: and, without checking the transpiration, it will have the advantage of equalising the temperature, which

great importance in the local treatment of cutaneous inflammation, whether arising from accident or disease."

Dr. Erasmus Wilson says:—"Among the causes of obscurity which attends the study of complaints of the skin, there is hardly a greater than the multitude of terms which are applied to them; and if the various diseases had been represented by a chess-board, and the names, well shaken together in a bag, had been then emptied upon the board, so that several names should fall indiscriminately on each square, there could hardly have been greater confusion than reigns over the nomenclature of these disorders. Impetigo, for example, is one of the crusted tetter, *the yellow crusted tetter*; its crusts in some instances, having the aspect of a dab of honey dried upon the skin; this latter resemblance has been deemed sufficient to gain for it the synonym of the 'honey disease,' or honey scab. This honeyed expression is peculiarly applicable to those incrustations which not unfrequently form on the lips and ears of children. Sometimes they constitute a mask over nearly the entire face, and the disease becomes one of the varieties of the 'milk crust.' Pretty cognomens, it must be admitted, for unsightly disorders, but conveying in their appearance anything but agreeable thoughts of milk and honey, or pleasant associations of honeyed lips."

We see in the expressed opinion of the several medical authorities we have quoted, that the design in the treatment must be to strengthen the patient, and not attempt to effect the cure by medicines of an exhausting kind, as they have observed this treatment to be a total failure, ending only in the destruction of the patient. This has, however, long been the practice of many who have stood in the medical profession, and we could, if it were necessary, give ample testimony in support of this assertion. The treatment we advise has been tested in every way and found to be effectual in correcting and strengthening the constitution, thus alleviating and curing disease whenever this result was possible.

An excellent medicine, to begin with, is made from our No. 5 restorative packet of herbs, or the following:—

Vervain Herb and Burdock Root, each 1 oz.
Waterdock Root ½ oz.

Boil in one quart of water ; when cool and strained, add

Cayenne.....	2 grains.
Carbonate of Ammonia.....	1 drachm.
Simple Tincture of Myrrh.....	$\frac{1}{2}$ ounce.

Dose : a wine-glassful three or four times a day ; for a child something less, according to age. The bowels should be regulated by the alterative powders, or two opening and four No. 1 pills, or by the powder given in liver complaint (see Index). If the patient does not pass a due amount of perspiration, but is in a dry, hot, feverish condition, the hot or vapour bath should be administered once or twice a week, and if the pulse be high an emetic should be occasionally given. A very good ointment is made with the bark or rind of the root of the yellow dock, pounded and simmered for several hours in lard, in about equal proportions, as half a pound of rind to half a pound of lard, then to be pressed and strained for use. The green vervain herb made into ointment in the same manner is equally good. As a change of medicine, take of

Wood Senical	1 oz.
Bogbean	$\frac{1}{2}$ oz.
Sassafras Bark	1 oz.
Cayenne	2 grs.

Simmer in one quart of water for half an hour ; take a wine-glassful three or four times a day. A quarter of an ounce of tincture of lavender, or guaiacum, added to this mixture, is sometimes beneficial. If the patient be a female, the means for the regulation of her system, if particularly deranged, will be found under the proper heading, and should be attended to without delay.

ST. VITUS'S DANCE.

THIS is a convulsive disorder, generally of the limbs only, and confined to one side ; principally, the arm and leg are affected, but in some instances the head and trunk of the body with convulsive motions. It is said by many medic^s

authors to be chiefly incident to young persons of both sexes, and to make its attacks between the ages of three and fifteen, occurring but seldom after that of puberty.

In most cases it is produced by general weakness. It arises, likewise, in consequence of violent affections of the mind, as horror, fear, and anger; and, in a few, it takes place from sympathy, at seeing the disease in others.

It is characterised by the dragging of one foot or leg, catchings of the fingers and other joints, twitching of the head, contortions of the face, a rolling of the eyes, and often very extensive flexions, extensions, and rotations of the extremities. Frequently there are such catches of the tongue, and of the muscles of the neck and throat that articulation, deglutition, and mastication are difficult, and so likewise is walking, standing, sitting or lying.

Dr. Elliotson, in his remarks upon this disease, says:—"The motion is increased temporarily by fear, or any mental emotion. Nothing is more common than for the motion to increase when a medical man appears. Any mental agitation will have the same effect. If a child be made cross the motion will be doubled almost directly. These motions are a little under the power of the will; persons can restrain them temporarily, but their best effort in the disease is little more than a sudden catch.

"Persons walk quickly better than slowly; and Dr. Heberden mentions the case of one individual who could not *walk*, though he could *run*. The movements are suspended during sleep, unless in extreme cases. If we hold one part, then another is agitated the more; and, generally, one side is more affected than the other. This is very common in all convulsive diseases; and, indeed, in all diseases of *sense* as well as of *motion*. In many of these diseases, it is common to see only one side affected; but where both are attacked it is usual to see one more affected than the other. This circumstance occurs in St. Vitus's Dance, and the side most affected will, in the progress of the disease, frequently change, so that the *right*, at one time, shall be most affected, and, at another, the *left*.

"One leg and one foot generally first show the disease. The arms are generally more affected than the legs. The face has very frequently a fatuous appearance; the mind is

apparently a little affected, and persons are certainly a little childish in this disease. The pulse is sometimes very quick when the motions are very rapid ; and sometimes there is headache, heat of the head, vertigo, and drowsiness. Sometimes patients will scream, and even epilepsy will come on ; and sometimes there is hardness of the abdomen ; but, in a large number of cases, we find nothing the matter with the patient, except this extraordinary movement. We may meet with additional symptoms, but in a great number of instances that I have seen such has not been the case.

“ The fits are sometimes preceded by a coldness of the feet and limbs, or a kind of tingling sensation that ascends like cold air up the spine, and there is a flatulent pain in the left hypochondrium, with obstinate costiveness. At other times the accession begins with yawning, stretching, anxiety about the heart, palpitations, nausea, difficulty of swallowing, noise in the ears, giddiness, and pains in the head and teeth ; and then come on the convulsive motions.”

A case of this disorder I well remember in one of my sisters when she was about seven years of age. The convulsive motions were often brought on by carrying anything by the hand, even at the time when she felt able to do so. On several occasions the effort that she made to accomplish an act of this kind appeared only to add vigour to the convulsive jerks, causing her to throw the article out of her hand ; such was the case on receiving her cup of tea, the plate with her dinner, or when carrying any trifling article across the room. The convulsive movements were conspicuous in her case while asleep either in bed or in a chair ; one of the movements most frequent was a to and fro action of the first finger of the right hand ; then, if cautiously arrested by any person, the foot would become convulsed ; but if the finger was suddenly and incautiously checked she awoke in a crying state.

It happened one evening in my childhood that an old lady who had lived a great part of her life in the country, and who was then on a visit to my mother, said that she could cure my sister if she were able to obtain the herbs, which she then described, that grew in the neighbourhood from which she came. I, at the time a child about nine years old, was sitting on a stool, leaning my head again

the side of the fire-place, listening to what was being said. On hearing her description of them, I joyfully exclaimed that I could get them directly, being quite familiar with them. The old lady quickly replied: "Why, child, herbs don't grow in the streets of London (where we then were); you have been dreaming." I told her I had not, and that I could, if mother would let me, go and find them in the dark, knowing so well where they grew, and be back again within three hours; but my mother said that it would do in the morning. The lady asked me to describe the herbs, and the place where they were to be found; I did so, and she assented to its being correct, and directed us how to apply them. My mother then explained to her that I had become acquainted with such things by my eldest brother taking me with him for long walks into the country one day in every week for a long time when I was only about four years old, and telling me which were poisonous herbs and which were not, and trying to get me to remember their names when seeing them again.

On the following day I gathered the herbs, of which the lady had spoken, and prepared them with very little assistance from my mother, and cured my sister, who never had any return of the complaint.

The cure was effected, as follows, in about three weeks. The berries of the wild belladonna, or deadly nightshade, were threaded like beads and worn as a necklace; a dose of mild opening medicine was given two or three times a week, and a wine-glassful twice or thrice daily of camomile tea, to a pint of which a leaf of foxglove about three inches in length had been added.

The old lady believed the necklace of the berries of the belladonna to be the most effectual part of the treatment.

Some years ago we cured of this disorder a young lady about fourteen years of age, who, when brought to us, could not stand, and whose features were quite idiotic in appearance. It was the most extreme case we had ever seen or heard of, but having enquired into the particulars as to when she appeared better, and when worse, the treatment was adapted accordingly. We did not see her again for three weeks; her parents, however, came at times to let us know that she was improving, and to obtain more medicine. On

the fourth week she came herself alone, and asked us if we knew her. We did not, for she was so altered in appearance; her face was bright and smiling, and the difference so great that we could not recognise her, even when she told us who she was, as being the same individual who had only a month since applied to us for relief. She has since married and has a family. Calling on us, with one of her children, about twelve months ago, she said there had never been any return of the complaint, and that she was in the enjoyment of good health.

In the treatment of this disorder some alterative powder should be occasionally given in the evening, the feet and legs bathed, and tonics, nervines, and stimulants administered during the day, as follows:—

Centaury	$\frac{1}{2}$ oz.
Yarrow	$\frac{1}{2}$ oz.
Rue	$\frac{1}{2}$ oz.
Foxglove	$\frac{1}{2}$ drachm.

Simmer for half an hour in one quart of water, strain when cool, and add half a drachm of carbonate of ammonia, one drachm of spirituous lavender, and one or two grains of cayenne. Take from a table-spoonful to a wine-glassful three or four times a day. Sometimes, changing the spirituous lavender for a quarter of an ounce of the simple tincture of myrrh has a very beneficial effect; and also substituting for the alterative powder, the No. 1 and No. 3 pills, taking two of each occasionally at night. If there be a dry, hot or slightly feverish state of the skin in the afternoon, evening, or first part of the night, the vapour bath should be given a few times, or a partial course of medicine.

THE THRUSH, OR SORE MOUTH.

THIS disease appears in small white ulcers upon the tongue, gums, and around the mouth and palate, resembling small particles of curdied milk. It is a complaint of infancy almost exclusively, but is, however, occasionally met with in adults. When it is mild, it is confined to these parts;

but when violent and of long standing, it is apt to extend through the whole course of the alimentary canal,—from the mouth down to the anus. The disease when recent is generally easy of cure, but when of longstanding, and extending down to the stomach and intestines, it frequently proves fatal. This termination, however, is not so frequent in children as in adults. Dr. Elliotson says :—" This disease is certainly most common in infants, but we shall frequently see it in adults at the end of chronic diseases ; at the end of phthisis, for instance. It is very common then for persons to complain much of the throat ; to complain of a difficulty of swallowing ; and even when persons die of diseases of the abdomen, of various sorts, it is very usual indeed to see aphthæ before death. It will occur in old people from very trifling causes."

" It is supposed to be a fatal disease when it occurs in old people, or in those in whom a chronic disease has existed for a long time, but it is not an invariable rule. I recollect an old lady of ninety, who, at that advanced age, suffered an attack of bronchitis and got well, and afterwards attained the age of one hundred, how much more I cannot tell, but I know she lived ten years after the attack, notwithstanding it was united with aphthæ ; and therefore aphthæ is not necessarily a fatal sign in old people. We see the disease every day, however, in persons who are dying of chronic diseases. I believe old women say that if we do not have it when we are *young* we must have it when we are *old*. I only mention this to show how common the disease is."

" It shows itself, at first, by an uneasy sensation or burning heat in the stomach, which comes on by slow degrees, and increases gradually in violence. After some time, small pimples, of about the size of a pin's head, show themselves on the tip and edges of the tongue ; and these, at length, spread over the whole inside of the mouth, and occasion such a tenderness and rawness, that the patient cannot take any food of a solid nature ; neither can he receive any vinous or spirituous liquor into his mouth without great pungency and pain being excited ; little febrile heat attends, but there is a dry skin, pale countenance, small pulse, and cold extremities."

This disease appears to arise from a morbid or disordered state of the stomach, which gives rise, perhaps together with cold, to some degree of inflammation and ulceration in the mouth and throat. From its long continuance it extends to the stomach and intestines. In this, as in all other disorders, we find some amount of fever; this must be attended to in the way of re-establishing the due amount of perspiration and natural balance of circulation. For this purpose the alterative or sudorific powder and a warm bath should be administered at night, or at least, the feet and legs should be bathed for ten or fifteen minutes. The following medicine should be given in the day. Take of

Rhubarb, pulverised	$\frac{1}{2}$ drachm.
Bayberry root bark, pulverised ...	$\frac{1}{2}$ drachm.
Peppermint herb or plant	1 drachm.
Rue	1 drachm.
Boiling water	$\frac{1}{2}$ pint.

Scald, and let stand to cool, strain and add one ounce of loaf sugar. Dose, one or two tea-spoonfuls, according to age, four times a day. The alterative powder should be employed according to the action on the bowels; to keep them regular they should be taken every, or every other, night. If the bowels are relaxed, a warm tea of either slippery elm or marsh mallow with cloves and ginger should be given at night instead of the powders, or more frequently if necessary. A little of the composition powder added to either of the mixtures is also highly beneficial.

TOOTHACHE, OR NEURALGIA OF THE FACE.

THIS affection prevails most when there are great vicissitudes of temperature in the weather, as in spring and autumn. It generally proceeds from some degree of obstructed perspiration, and is frequently occasioned by sitting with the head bare near an open window, or otherwise exposing it to a draught of cold air. The cracking of nuts or the chewing of hard substances, and picking the

teeth with pins or needles are exceedingly hurtful to the teeth and are often causes of their becoming decayed. A disordered state of the digestive organs is frequently a cause of decay in the teeth—the state of the stomach and bowels should, therefore, always be attended to. This disorder appears to depend much upon constitutional derangement, and a great cause of those frequent returns of spasmodic pain, is the constant neglect of these organs when they are known to be in a bad condition; which renders people susceptible, even upon the slightest cold being taken, to this disorder and many others.

When a tooth is much decayed the nerve becomes exposed; severe pain soon follows, and the face and gums often become tender and swollen. This disease is also marked by violent stabbing, plunging pain, which has been compared to an electric shock. Sometimes between the shooting pains there is constant aching; at other times the part feels painfully benumbed. The pain occurs in paroxysms, and is succeeded by intervals of intermission.

The perspiration and all other natural evacuations should be promoted. Chewing, or applying to the tooth very strong bitters, or hot or pungent roots that excite a great flow of saliva, are generally of service; for this purpose gentian, calumba, and mandrake root have been applied to the teeth with success; also eryngo, pillitory of Spain, ginger, flag root, and black or red pepper; these may be reduced to powder and put in the hollow of the tooth or between the tooth and cheek.

Dr. Graham says:—"One of the best local applications for toothache that I am acquainted with is warm salt and water. It should be made as strong as possible, a little taken into the mouth, and held for some minutes on and around the painful tooth, when it may be rejected, and a little more taken into the mouth; two or three of such applications generally succeed in affording relief."

The following is a very efficacious remedy:—

Alum in fine powder	$\frac{1}{4}$ oz.
Sweet spirits of nitre	$\frac{1}{4}$ oz.

Shake well together, and apply by lint to the tooth or part.

Some medical writers state that the oil of summer savory and the oil of cloves cure the toothache instantly, by introducing it to the cavity of the tooth on cotton wool.

If, however, the application of any of these local remedies fail, a constitutional treatment should be proceeded with. An alterative powder may be given each night, to act on the bowels by morning, and the feet put in hot water to induce perspiration in the early part of the night, and a tonic, as quinine, or some other, in the day during the remission. The ammoniated tincture or guaiacum exhibited in quantity and frequency sufficient to keep the patient comfortably warm—from half a drachm to one drachm, three, four, or five times a day, will frequently prevent its return. If these means should not succeed in one or two days, an emetic of lobelia and cayenne, and the vapour bath should be administered, still continuing the use of the tonics, and the local remedies, if necessary.

WARTS.

A WART is a small cluster of papillæ (one of the constituents of the skin) that have, from some internal cause, taken upon themselves to grow in length and bulk, until they have attained a gigantic stature in comparison with their fellow papillæ, and are covered with the scarf skin, the thickness of which bears an exact relation to the size of the papillæ beneath it, making up, together, those little prominences which we call warts.

The most common situation of warts is the hands; sometimes they appear on the face and head, but seldom on other parts of the body.

If a wart be prominent enough, a waxed thread or silk, or a hair may be tied moderately tight round it, as close to the bottom as it can be got. This can be done with little or no pain, and the wart will come away, from the difficulty of circulation that is caused by the ligature; or, if this is not convenient, the wart should be slightly pared and touched with a small drop of strong acetic acid two or three times a day, gently scraping the surface once a day. If common

soda be kept moistened and applied in the same way, the wart may soon be got rid of. In like manner, sal ammoniac (muriate of ammonia) may be applied with success. Also a little pipe clay, moistened, and made into the consistence of putty, and fixed on the wart, will effectually remove the wart in three or four days by stopping the circulation, or supply of fluid, through it.

CORNS.

The analogous of the excess of growth of skin to that of warts are corns, which are, evidently, from external causes, as irritation, either from pressure or friction or both combined. Whenever a portion of the skin is subjected to long-continued and unequal pressure, the papillæ of the sensitive skin are stimulated and grow to an unusual size; associated with this increase of growth of the papillæ is the increased thickness of the scarf skin. When the pressure, and consequently the thickening of the scarf skin occupies the prominence of a joint, the natural result is that a corn is formed, which often becomes inflamed and painful.

In recent or trifling cases the feet should be bathed in warm water with soap two or three times a week, picking the centre of the corn out, or frequently paring it away with a knife, and applying to it a small drop of strong acetic acid night and morning. When the acid has dried away, place on the corn a little simple ointment or pomade.

If this treatment be persevered with in a regular manner, and all pressure and friction be removed, a cure will, in most cases, be soon effected. In very bad and long-standing cases, however, there is often constitutional derangement that tends to inflammation of those parts and to the formation of corns. In all such cases medicines should be taken to correct the system.

For this purpose a sufficient quantity of the alterative powder, to act gently on the bowels each or every other night, should be employed; or, take equal parts of rhubarb, ginger, and cream of tartar in the same manner, and some tonic medicine three or four times a day. If any other derangement is known to exist, add some medicine recommended in this work for such disorder, to the tonic,

treating the corn as before mentioned ; or, in change, apply common soda or sal ammoniac as directed for warts.

For soft corns, or where there is much inflammation, the following liniment will be found good, especially after bathing :—

Camphor	$\frac{1}{2}$ oz.
Spirits of wine.....	1 oz.
Olive oil	1 oz.
Oil of turpentine.....	$\frac{1}{2}$ oz.

Shake well together and apply to the corn every night and morning.

WHOOPIING COUGH.

THIS is an infectious disease peculiar to childhood, but occasionally occurring in the adult. It is known by the convulsive and all but strangulating nature of the cough, and the whooping noise at the drawing in of the breath, as the child, in a series of violent expirations, coughs, until the chest is so nearly emptied of air, that the spasm ceases from the exhaustion or debility it occasions, which in a second or two relaxes, and the breath is drawn in with a convulsive sob, or whoop, from which the affection takes its name.

On the first appearance of whooping cough, it is mostly thought to be a common cold. The duration of the first stage varies very much ; in general, however, it extends over ten or twenty days, or more. There is a dry cough, with occasional constriction of the chest ; the eyes are sometimes swollen and red, and there is always some degree of fever attending, which is generally manifest in the after part of the day or early in the night ; also thirst, quick pulse, hoarseness, cough, and shortness of breath. In the second or third week after the attack, it puts on its particular and characteristic symptoms ; the expiratory motions peculiar to coughing are made with more rapidity and violence than usual ; and after several of these expirations thus convulsively made, a sudden and full inspira-

tion succeeds, in which, by the air rushing through the top of the windpipe with unusual velocity, a peculiar sound is caused, which has obtained the name of whoop. When this sonorous inspiration has happened, the convulsive coughing is again renewed, and continues in the same manner as before, till a quantity of mucus is thrown up from the lungs, or the contents of the stomach are evacuated by vomiting, which generally terminates the fit; the patient is then most frequently enabled to return to the amusements he was employed in before its accession, and often expresses a desire for food; but when the attack has been unusually severe, it is succeeded by much fatigue, hurried breathing, and general languor and debility. After a longer or shorter continuance of the disease, the paroxysms become less severe, and at length entirely cease. According to many eminent authors of the old school practice, it generally lasts several months or a year or so, but by the botanic treatment the disease is much more speedily and effectually cured.

THE TREATMENT.

If the bowels should be costive at any time, they should be relieved by either the children's opening powder, or the alterative powder, by senna tea sweetened, or by injections (See index).

The frequent use of injections will moderate the violence of the symptoms, and be found of much benefit. If the difficulty of breathing and fever are considerable, the vapour bath, or the warm water bath should be given for five or ten minutes, either in the afternoon or evening, and the child put to bed. One of the most dangerous attendants on whooping cough is inflammation, which is indicated by an almost permanent difficulty of breathing between the fits, in which case an emetic should be given shortly after the bath (from fifteen to thirty minutes). It is an excellent remedy in the beginning, and will supersede much other treatment. It clears the stomach, relaxes the skin, moderates the fever, and tends to regulate the bowels (See Index for children's emetics).

So soon as the bad symptoms are relieved, and the patient is a little better, the following medicines should be

given :—Take of horehound and hyssop half an ounce of each, of marsh-mallows, or bruised comfrey root, half an ounce, a little cloves or any spice or mint to flavour, of cayenne about half a grain. Scald in about a pint of water ; when cool strain off, and add three ounces of syrup of tolu. Dose : a table-spoonful for a child of four years, and more or less according to age, three, four, or five times a day. If there be spitting of blood, or bleeding at the nose, or much prostration, add, also, to the mixture, a quarter of an ounce of tincture of myrrh. This mixture is most suitable when the patient feels better, and given in the morning. The syrup of lobelia and other expectorants should also be given when the cough is most troublesome, which is generally the case in the afternoon and night.

When the disease assumes more of a spasmodic character, tonics and anti-spasmodics should be more relied upon than the expectorants. The sulphate of quinine given between the paroxysms, during the better condition of the patient, in doses of one or two grains in mint tea or cinnamon water, two or three times a day, will be found of great benefit. Another form of administering quinine is as follows :—

Scald one ounce of hyssop and a quarter of an ounce of cloves in a pint of water, when cool, strain, and add thirty grains of quinine and three ounces of syrup of tolu.

Dose for a child of four years : A table-spoonful three times a day between the paroxysms, during the better condition.

For other cough mixtures, emulsions and cough syrups, see index.

WORMS.

THE worms that usually infest the stomach and intestines of the human body consist chiefly of three kinds, viz.:—the tape-worm, the long round worm, and the thread or maw-worm. There are also other kinds occasionally found in the human body, but as they proceed in a great measure from the same causes, and need the same treatment as those we have mentioned, we need not enumerate them.

The tape-worm is well known by its peculiar appearance and character; it is white, flat, and very long, consisting of a series of joints, some of which are about a quarter of an inch square. There is also a larger sort, the broad tape-worm, which is often more than half an inch wide, and with, as Dr. Beech says, the joints decreasing in all cases as they approach the head, which is not larger than that of a pin. Sometimes they are passed off in pieces of a greater or less number of joints, or in single joints bearing a considerable resemblance to the seeds of gourds or of the vegetable marrow.

The long round worms when full grown are about a foot in length, and are often brought up or passed downward when about eight or nine inches long. They inhabit the upper or small intestines and stomach, and are supposed to feed upon the chyme.

The thread or maw worms, when full grown, are mostly about half an inch in length, but in rare instances have been found much longer. They are round, about the thickness of white thread, and the tail terminates in a fine point. These are found principally in the rectum, where they cause great itching and distressing sensations, particularly after retiring to rest.

The symptoms of worms are, generally, a paleness of the countenance, itching of the nose, starting, and grinding of the teeth in sleep, a sour or offensive breath, and irregular or excessive appetite—sometimes epileptic fits and other nervous affections.

The most essential principle in the treatment of worms is to strengthen the system generally—the stomach and intestines in particular—thus not only dislodging the worms but rendering them incapable of reproduction. It will invariably be found that those medicines and plans of treatment are the best which tend directly to invigorate the whole constitution, and which, at the same time, expel the worms. The principal remedies of this kind are those given in the prescriptions to follow, which, if fairly tried will, together with the proper means for strengthening the general habit, as early rising, and active daily exercise in the open air, &c., pretty surely be successful.

Dr. Graham says that he believes there are few cases which will resist the proper use of salt, more especially if the usual means of strengthening a weakly constitution be resorted to, and saccharine substances be avoided as much as possible. Salt is a natural and necessary stimulant to the digestive organs, it excites them to a healthy and vigorous action and is particularly obnoxious to all kinds of worms. He says an ounce or two of common salt dissolved in nearly half a pint of water, should be taken in the morning fasting, and repeated at the end of three or four days. This will generally act as a purgative, and will certainly bring away almost every kind of worm. If necessary, the repetition may be extended to the third or fourth time, and in very severe cases, the quantity of salt used at each dose may be increased to three or four ounces.

The following we have found very successful :—

Extract of butter nut bark $\frac{1}{2}$ ounce.

Dissolved in warm tonic herb tea..... $\frac{1}{2}$ pint.

Simple tincture of guaiacum..... 1 ounce.

Cayenne and lobelia powdered, of each about
three or four grains.

All to be well shaken together and a wine-glassful taken three or four times a day until it operates on the bowels fully, then rest a day or two and repeat if necessary. Injections of oil and water are of good service between the intervals.

Bayberry is an important remedy for worms, because it detaches the vitiated mucus that lines the intestinal canal which is invariably present during their existence. A teaspoonful of the powder may be taken in a little water, fasting, for several mornings, and the bowels regulated by a little opening medicine taken at night occasionally. The male fern and cowhage may also be used in the same manner with great success. As an opening medicine, jalap, with an equal portion of some tonic powder, as balmony, gentian, or calumba, is very effective.

We give the following remedy for tape-worm :—

Three-quarters or an ounce of rectified oil of turpentine beat up with the yolk of an egg and some sugar and water.

It was said by Dr Leitson that two doses of this mixture would be sure to expel the worms.

For the thread worms it should be given by injection into the bowels as they reside in the lowest part of the intestines.

As it often happens that after worms have been expelled they soon breed again, if the digestive organs are allowed to remain in a weak or relaxed state, we recommend, to prevent this, the following up, for a few weeks, a course of strengthening medicine. One of the best for these cases is as follows :—

Bayberry Bark	1 oz.
Marsh Mallow	1 oz.
Rue	1 oz.

Boil in three pints of water for half an hour, add cayenne two grains ; take a wine-glassful three or four times a day. For the next making, substitute one ounce of Peruvian bark for the rue ; and for the third making, change the tonic again for one ounce of centaury, or any other mild tonic.

Dr. Beech, in speaking of his successful treatment of a case, says he commenced by giving cowhage stripped from the pod, a small tea-spoonful to be taken three times a day, fasting, in a little arrowroot jelly ; then occasionally a purgative of (American) mandrake. In connection with this, he directed her to eat freely of garlic and common fine salt. He gave these under the belief that each article possessed vermifuge properties, without ever having administered them for the tape-worm. After having taken them for some time, all her unfavourable symptoms ceased, and subsequently the remaining portion of the worm passed lifeless from her—an unprecedented circumstance.

She immediately recovered, and has since retained her health, and there is no evidence that there is any remaining.

G. STEVENS'S THOMPSONIAN BOTANIC *MATERIA MEDICA.*

THIS botanic system of medicine, which we now offer to the public after a lengthened experience of upwards of forty years, originated in Samuel Thompson, who was born February 9th, 1769, in the town of Ashted, Co. Cheshire, State of New Hampshire, America.

He arranged his medicines according to the following numbers :—one, two, three, four, five, and six, by which they are known to many in England at the present time. They are thus explained respectively :—

- No. 1 Lobelia Inflata.
- „ 2 Cayenne Pepper.
- „ 3 Astringents.
- „ 4 Tonics.
- „ 5 Sedatives and Nervines.
- „ 6 Anti-spasmodics and Carminatives.

The Lobelia (No. 1) is an emetic.

- Take of powdered Lobelia Herb $\frac{1}{2}$ drachm.
- „ Lobelia Seed, powdered $\frac{1}{2}$ drachm.
- „ Cayenne..... 10 grains.

Mix the whole with a table-spoonful of treacle or sugar, and sufficient cold water to make an easy draught, which can be taken at once, or divided into two or three doses and taken at intervals of ten or fifteen minutes, drinking hot composition, ginger, or some other hot tea to promote full and easy vomiting, and *keeping the body warm* by the fire or in bed. It is very important that the temperature of the body should be kept up during the operation of the emetic.

This medicine was the most important, and the most employed by Mr. Thompson, in his practice. Being a powerful emetic, he found that all obstructions of the system in acute disease might be removed by it. It cleansed the stomach, produced a general perspiration of the whole body, and restored the digestive powers of the stomach, all of which effects are of great consequence in curing disease. A general perspiration is the most frequent and extensive



LOBELIA INFLATA.

excretion effected by *nature* for obtaining relief in any disorder, and is observed by many medical writers to form the turn or crisis in disease, upon which depends the life of the patient.

Lobelia is also the most valuable expectorant known, given either in the form of a tincture, syrup, or an electuary, for all kinds of coughs or affections of the lungs, &c. (For recipes see Index.)

No. 2 medicine (Cayenne Pepper—Capsicum). There are three sorts of capsicum. The pods or seed vessels and seeds of any one or more of the species, reduced to a powder, is generally used under the name of cayenne pepper. The small or bird pepper, which is common both to Africa and the West Indies, furnishes better cayenne than the larger variety, of which the African is the best. "Among the spices which the Indies produce," says Dr. Thunberg, the traveller, "none is more commonly used than cayenne pepper, with which almost every dish is seasoned. Rice mixed with the powder of this spice is frequently eaten without any other addition." "The natives of tropical countries make free use of cayenne, and do not find it injurious." Dr. Sloane says: "The Indians and negroes of the West Indies will scarcely abstain from it in diseases," which is evidence that they do not consider it hurtful. Dr. Watkins, who has frequently visited the West Indies, informed Dr. Mattson that the negroes of these islands steep the pods of capsicum in hot water, adding sugar and the juice of a sour orange, and drink the tea freely when sick or *attacked with fever*. Dr. Thatcher, in his remarks on the different species of cayenne, says: "There can be little doubt that they furnish us with one of the purest and strongest stimulants that can be introduced into the stomach, while at the same time they have nothing of the narcotic effects of ardent spirits." (*Thatcher's Dispensatory*, 3rd edition, pp. 163, 641).

A very powerful and useful medicine is made of cayenne, called "Thompson's Drops," or No. 6, as follows:—

Cayenne Pepper	1 ounce.
Gum Myrrh (powdered).....	1 pound.
Brandy	1 gallon.

Mix well together. To be slightly warmed, and well shaken each day for a week. Dose: a tea spoonful or more taken in warm milk, sweetened water, or herb tea. The dose may be repeated as often as necessary. It is highly beneficial in spasms, pains, &c., also if outwardly applied to rheumatic joints, sprains, bruises, &c. The dose of cayenne is from one to six grains, in either warm milk, sweetened water, or any other convenient vehicle.

Cayenne is in constant requisition by Thompsonian practitioners, as it is always an ingredient more or less contained in every compound. Wherever there is a dry or feverish heat of the surface of the body, there is the most necessity for its use, and should be given in large and frequent doses, that it may determine the fluids to the surface of the body in order to produce a free flow of perspiration, and thus remove obstructions to the circulation of the blood and other fluids, upon which both health and life depend.

Second stimulant—Black Pepper (*piper nigrum*). This is now much used in fevers and agues, cholera, and other relaxations of the bowels.

Dr. Mattson says that Dr. Louis Frank, physician to Marie, Duchess of Parma, resorted to the use of black pepper in ague and fever, when other remedies had failed, and cured fifty-four out of seventy of his patients.

The ordinary dose of black pepper is a tea-spoonful, steeped in either hot water or milk, and may be repeated as often as necessary, keeping the patient outwardly warm during the time.

Third stimulant—Ginger Root (*Zingiber*). This is often very grateful to the stomach, useful in flatulency, colic pains, and in hot weather for languid or enfeebled states of the system. A tea-spoonful in a cup of warm water or milk, drank on going to bed, will relieve a sudden cold, or slight attack of disease.

ANTI-SPASMODICS AND CARMINATIVES.

These are medicines employed to relieve spasm; wind, and irritation. The following are so designated. (See Index for particulars.)

Lavender
Spearment
Peppermint
Thyme
Rue
Valerian Root
Virginia Snake Root
Meadow Sweet
Motherwort
Pleurisy Root
Skunk Cabbage

Camphor
Carbonate of Ammonia
Coriander Seed
Lovage
Parsley
Cloves
Aniseed
Juniper Berries
Pennyroyal
Rosemary
Garden Sage

ASTRINGENTS.

Thompson seems to have ranked the Bayberry root bark as the first astringent, not because of its being the most powerful, but because it is the most frequently used, and as it is a medicine beneficial for so many purposes.

It forms the greater part of the Composition powder which is found to be useful in almost every complaint.

Bayberry powder is very useful in derangements of the stomach and bowels, particularly after fevers, to remove the adhesive matter, as the fur from the tongue and mouth, or slime from the mucous membrane of the stomach and intestines, and also offensive conditions of the breath. It is mostly used in combination with other articles.

Dose, in substance and alone, from twenty to forty grains once or twice a day.

There are many other astringents highly serviceable in the practice, the particulars of which will be found under their respective names. (See Index.)

The following is a list of astringents, the strongest of which are placed first :—

Gum Kino
Gum Myrrh
Gum Catechu
White Pond Lily
Marsh Rosemary
Tormentil Root
Bistort Root
Oak Bark

Sumach Berries, Bark
and Leaves
Raspberry Leaves
Blackberry Leaves
Avens, Herb and
Root
Agrimony
Meadow Sweet

SEDATIVES AND NERVINES

Are medicines which soothe and quiet the nerves when they are in an excited or irritable state, without impairing or blunting their sensibility. There is scarcely a disease in which they may not be combined with much advantage with tonics; they aid much in maintaining the better conditions in those cases where relief has been obtained by the use of purgatives, emetics, or other alterative medicines.

The following are nervines. (For particulars see Index.)

Scullcap	Foxglove
Valerian	Wild Cherry Bark
Motherwort	Bitter Almonds
Gold Thread	

TONICS.

These are restorative medicines, and are generally bitter. They should always be given after the stomach and bowels have been cleansed, and the perspiration, or proper tone of the skin has been restored, as the proper design in administering tonics is to support and continue the better state of these important organs and their natural functions, upon which the health of the human being is dependent.

Tonics are seldom if ever of any benefit if given alone while these organs stand in need of relief or correction.

The following is a list of tonics. (See Index for particulars.)

Alder Berries and Bark	Gold Thread
Balmony	Germander
Curcuma	Horehound
Bogbean	Peruvian Bark
Calumba	Poplar Bark
Centaur	Quassia Wood
Cherry Bark, Wild	Queen's Delight
Dock Root, Yellow	Rue
Dock, Red, or Water	Scullcap
Dandelion Root	Tansy
Elecampane Root	Uva Ursi
Elm Bark, Hard	Virginia Snake Root
Feverfew	Wild Sage
Gentian Root	Wormwood
Golden Seal	Yarrow

AGRIMONY (*Agrimonia Eupatoria*).

PROPERTIES.—Astringent, tonic.

Good in stomach and liver complaints, and for looseness of the bowels.

An ounce of the dry herb will make a pint of either the infusion or decoction.

Dose, in stomach or liver complaints, a wine-glassful four or five times a day ; for bowel complaints double or more than double that quantity may be taken

ALDER (*Betula alnus*).

PROPERTIES.—Astringent, tonic, anti-scorbutic.

THE bark and the berries are good for those troubled with boils, eruptions, &c. They have been used with success in intermittent fevers instead of the Peruvian bark.

One ounce of either the bark or berries will make a pint of the decoction.

Dose, a small tea-cupful three times a day.

ALMONDS, BITTER (*Amygdala Amara*).

PROPERTIES.—Tonic, nerve, (demulcent, nutritive).

THEY are good in combination with other bitters for indigestion, in the proportion of from one to two drachms to the pint of medicine ; and for coughs, made into an emulsion with gum arabic (see Index for emulsion).

ANGELICA (*Atropurpurea*).

PROPERTIES.—Aromatic, diaphoretic, tonic, diuretic, carminative.

IT is highly esteemed in fevers, colds, and coughs, for strengthening the stomach and bowels, and in diseases of the kidneys and bladder.

The author's brother says, in his "Medical Reform," Angelica contains in itself several valuable principles, and perhaps possesses the highest medical virtue of any one plant growing in this country. As a diaphoretic or sweating herb, it is unequalled.

It is cordial and stomachic and highly beneficial in diseases of infants. Angelica is best employed in the form of infusion ; half an ounce of the powdered root or seed will

make a pint. Dose, two wine-glassfuls three or four times a day.

Dose of the powder in substance, from thirty to sixty grains, two, three, or four times a day.

To induce perspiration, half a pint or more of the warm infusion should be taken on going into bed.

ANISE SEED (*The Fruit of Pimpinella Anisum*).

PROPERTIES.—Stimulant, aromatic, carminative.

It is useful in flatulence and nausea, especially of infants, and to diminish the griping of purgative medicines.

Dose, of essence of anise, from ten to twenty minims or drops; for a child, from two to five drops in some warm fluid; of the infusion (made by scalding a tea-spoonful of bruised seed in half a tea-cupful of water, sweetened) for an infant, two or three tea-spoonfuls as often as necessary.

BALMONY (*Chelone Glabra*).

PROPERTIES.—Tonic, antibilious, and sometimes laxative.

EMPLOYED in dyspepsia and loss of appetite, and for the same purposes as centaury and gentian.

Dose, of the powder five to ten grains four times a day; of the infusion (one ounce to the pint) a wine-glassful three times a day.

BARBERRY BARK (*Barberis Vulgaris*).

PROPERTIES.—Tonic, sub-antiseptic, acrid, astringent, and sometimes purgative.

DR. BEECH says, an infusion of the bark is good in jaundice, having a tonic and laxative effect.

The berries contain an acid red juice. The syrup of them diluted forms a pleasant and useful drink in malignant fevers, quenching thirst, and to prevent putrefaction. Half an ounce of the powdered bark will make a pint of infusion, or half an ounce of the crude bark will make a pint of decoction. Dose of either, a wine-glassful three or four times a day.

Dose of the powdered bark from half to a whole tea-spoonful three or four times a day.

BISTORT ROOT.

THIS is esteemed one of the strongest astringents of the vegetable kingdom for restraining alvine fluxes and preternatural discharges. Its properties are very similar to those of tormentil, and can be used for all the same complaints and purposes for which the latter is recommended. Prepare and take in the same way. (See Tormentil.)

BLACKBERRY LEAVES AND ROOT BARK (*Rubus Fruticosus*).

PROPERTIES.—Astringent, tonic.

AN infusion of the leaves, sweetened, is given to children in bowel complaints.

The decoction of the bark of the root is given to adults in diarrhoea and other complaints of the bowels.

One ounce of the dry leaves makes a pint of infusion, and one ounce of the bark the same quantity of the decoction.

Dose of the infusion for a child under one year old, from one to two tea-spoonfuls three or four times a day ; of the decoction, for adults, one or two wine-glassfuls three or four times a day.

BLUE FLAG OR FLOWER-DE-LUCE (*Iris Germanica*).

DR. BEECH says it is emetic, cathartic, stimulant, diuretic, alterative, and anti-venereal.

Dose, six or eight grains night and morning as an alterative. Dr. Smith says it may be given in the average dose of twenty grains, and repeated if necessary. Its operation is powerful, certain, and quick, sometimes taking effect in half an hour. I have destroyed tape-worms with this alone.

BURDOCK (*Arctium Lappa*).

PROPERTIES —Diuretic, sudorific, slightly tonic, and to some, aperient.

WE, in common with others, have found this root preferable to Sarsaparilla for scorbutic disorders. It is also good in dropsy, gout, rheumatism, venereal, and other diseases. One ounce of the dried root will make a pint of the decoction.

Dose, a wine-glassful four or five times a day.

BROOKLIME (*Veronica Baccabunga*).

PROPERTIES.—Anti-scorbutic, diuretic, discutient, and emmenagogue.

It may be eaten as watercress, or taken by infusion without much regard as to dose. It is very good as hot poultices in reducing swellings of any kind.

BROOM TOPS (*Sarothamnus Scoparius*).

This is diuretic, and good in dropsies.

Dose, of the decoction (one ounce of the dry tops to a pint) a large wine-glassful three or four times a day ; of the expressed juice, one or two tea-spoonfuls three or four times daily.

BRYONY, WHITE (*Bryonia Alba*).

This, and Bryony Nigræ (Black Bryony) are commonly called Mandrake. They are not used as medicine, *i.e.* not given internally. The fresh root is often scraped into a frothy or soapy mass and beaten up in hot vinegar and applied as a liniment for swollen joints, rheumatism, &c.

BUCHA LEAVES (*Barosma Betulina*).

PROPERTIES.—Diuretic, stimulant, diaphoretic.

Good in urinary complaints, gravel, and weakness of the bladder.

Dose of the infusion (one ounce to a pint) a wine-glassful or two, three or four times a day ; of the powder, twenty to forty grains three or four times a day.

CALUMBA ROOT (*Menispermaceæ*).

A tonic bitter for weak stomachs, and good for jaundices and disordered livers.

Dose of the powder, from ten to twenty grains or more ; of the infusion (half an ounce to the pint of water) a wine-glassful three times a day,

CAMPHOR (*Camphora*).

PROPERTIES.—Stimulant, sudorific, anti-spasmodic and antiseptic.

CAMPHOR given in doses of one or two grains (mostly combined with other medicines) has been found of great benefit in low, typhus, and putrid fevers, whooping cough, hysteria, epilepsy, and other nervous affections.

Camphor water is very useful ; which is made by adding one drachm of bruised camphor to a quart of cold water. Shake it several times for two days, when it can be used as wanted.

Dose, from one to two wine-glassfuls three or four times a day.

Camphor can be given in doses of from two to twenty grains two or three times a day. It cannot be given with safety in larger doses than half a drachm, and it is not advisable to give so large a dose as that.

CARBONATE OF AMMONIA (*Ammonia Carbonas*).

PROPERTIES.—Stimulant, anti-spasmodic, diaphoretic, antacid.

As a stimulant and antacid it is often given with much benefit in hysteria and indigestion.

Dr. Graham, in his "Modern Domestic Medicine," says : " It is useful in hoarseness depending upon a relaxed state of the throat, and in malignant scarlet fever. In the latter complaint it has been very highly praised, and, I think with much reason, as it is a very grateful cordial and stimulant, possessing the rare and valuable properties of moderating and supporting the circulation, without increasing the general excitement or fever, which is precisely what is wanted. Besides this, the ammonia has certainly a very beneficial influence on the skin, tending to relax it, and restore its healthy secretions, at the same time that it is invigorating." The dose of the carbonate of ammonia is from two or three to ten grains ; of the aromatic spirit from a half to a whole fluid drachm, two, three, or four times a day.

CATECHU (*a concrete juice*).

This is a very powerful astringent and styptic. It is used in the affections of the alimentary canal, in diarrhoea, and in some forms of dyspepsia, accompanied with burning pains in the stomach, and a throwing up of a watery fluid, a complaint called pyrosis or water-brash or black water. It is particularly serviceable in hæmorrhages or bleedings of any kind, in flooding or overflow of the menses, &c.

Take of catechu in powder half an ounce, cinnamon or cloves a quarter of an ounce, boiling water one pint. Dose, from one to two wine-glassfuls three, four, or five times a day. The larger and more frequent doses are taken in hæmorrhages. It may also be made into pills and taken in substance.

CAYENNE PEPPER (*See Index*).

CHAMOMILE (*The Flowers.*)
(*Anthemis Nobilis*)

PROPERTIES.—Aromatic, tonic, stomachic.

USEFUL in indigestion, hysteria, flatulency, intermittent fevers and consumption.

Dose, of the infusion (one ounce of the flowers to the pint) from one to two wine-glassfuls three or four times a day.

CHERRY TREE BARK, WILD (*Prunus Virgiana*).

PROPERTIES.—Nervine, tonic, slightly aromatic.

THIS is mostly used in combination with other articles in nervous complaints, hysteria, dyspepsia, asthma, ague, and fever.

Scald (this bark should not be boiled) half an ounce in a pint of boiling water, and, if used alone, take a wine-glassful three or four times a day.

CINQUE FOIL (*Potentilla Reptans*) or *Five-leaved Grass*.

PROPERTIES.—Astringent, tonic.

GOOD in bowel complaints as an astringent. One ounce to be infused in a pint of boiling water. Dose, a tea-cupful three or four times a day.

CLIVERS OR CLEAVERS (*Galium Aparine*).

GOOD in inflammation of the bladder and urinary passages, gravel, and eruptions.

Dose of the infusion (one ounce to the pint) a tea-cupful three or four times a day.



CENTAURY (*Sabbatia Angularis*).

PROPERTIES.—Tonic, febrifuge, antibilious.

COMBINED with yarrow or balm it is good for indigestion, liver complaints, jaundice, and fevers.

Dose, of the infusion (one ounce to a pint of boiling water) one to two wine-glassfuls three or four times a day.

CLOVES (*Caryophyllum*).

PROPERTIES.—Aromatic, stimulant.

AN infusion of cloves is often found to stop sickness. They are used as flavouring or corrective adjuncts to other substances. The oil dropped into the hollow of a carious tooth will often relieve toothache. They are also employed for wind in the stomach and bowels.

Dose, of the powdered cloves in substance, from five to twenty grains ; of the infusion (bruised cloves a quarter of an ounce, boiling water half a pint) from one to two wine-glassfuls as often as necessary ; of the oil, from one to five drops or minims in any convenient vehicle.

COHOSH, BLACK (*Macrotyle Racemosa*).

PROPERTIES.—Deobstruent, emmenagogue, alterative.

GOOD in rheumatic, female obstructions, and glandular swellings.

Dose, of the powder from twenty to forty grains three times a day ; of the decoction (half an ounce boiled in a pint of water for ten or fifteen minutes) half a small tea-cupful three or four times a day.

COLTSFOOT (*Tussilago Farfara*).

PROPERTIES.—Expectorant, demulcent.

ESTEEMED in coughs, consumption, asthma, &c.

Scald in a pint of boiling water one ounce of the dried leaves. Dose, from one to two wine-glassfuls three or four times a day.

COMFREY ROOT (*Symphitum Officinale*.)

PROPERTIES.—Expectorant, demulcent, balsamic.

EXCELLENT in coughs, consumption, weakness of stomach and bowels, fluor albus, &c.

Simmer in one quart of water to a pint, one ounce of the dried root, and take from a half to a whole tea-cupful three or four times a day.

CORIANDER SEED (*Coriandrum Sativum*).

PROPERTIES.—Aromatic, stimulant.

AN excellent carminative in stomachic compounds for wind or flatulence of the stomach, combined with tonics or other stimulants.

CRANE'S BILL (*Geranium Sanguineum*).

PROPERTIES.—Astringent, styptic, tonic.

THERE are several varieties of crane's bill, all of which are good, but the red stalked is the best, or most powerfully astringent. It is one of the best herbs in stopping spitting of blood or other hæmorrhage, and is particularly good in flooding or immoderate flow of the menses, and for all morbid discharges. One ounce of the dry herb will make a pint of the infusion. Dose, half a small tea-cupful every one or two hours, but in very urgent cases every half-hour until the bleeding abates, when it may be given less frequently.

CUBEBS (*Cubeba Officinalis*).

PROPERTIES.—Carminative, aromatic.

GOOD in gonorrhœa, gleet, seminal weakness, &c.

Dose, of the powder from 30 to 120 grains; of the volatile oil from 5 to 20 minims; of the tincture from 30 to 120 minims or drops, in some convenient vehicle.

CRAWLEY ROOT.

THIS is diaphoretic, and used in fevers and inflammations to induce perspiration.

Infuse a tea-spoonful of the powdered root in a pint of water.

Dose, a wine-glassful every one or two hours until perspiration is induced, when it may be discontinued and tonic medicines given; also, whatever may be suitable to the case.

CURCUMA (*Curcuma Longa*.)

PROPERTIES.—Tonic, febrifuge, diuretic.

GOOD in debilitated stomach and liver, jaundice, &c.

Dose of the powdered root a tea-spoonful two or three times a day.

DANDELION (*Taraxacum Leontodon*).

PROPERTIES.—Tonic, diuretic, laxative.

PRINCIPALLY used in liver complaints; and there are published many extraordinary cases of cure by the use of this root. The present *Materia Medica* of the Faculty, for 1877, in speaking of the properties of the dandelion, makes the following remarks :—"Many patients assert positively that when taking dandelion their digestion is made more perfect, and it is not uncommon to find dyspeptics resort to its use of their own accord; but it is difficult by ordinary clinical observation to make out the powers of the remedy." Dr. James Johnson says (*Medico Chirurgical Review*, January, 1829) :—"The more the dandelion is employed, the more certain proofs it will afford of its utility." A fact to which we can testify, having, in a great number of cases of liver complaint, indigestion, and affections of the kidneys, proved it to be of great benefit.

Simmer one ounce of the root in a pint and a half of water until reduced to a pint. Dose, one or two wine-glassfuls three or four times a day.

DOCK ROOT, RED, OR BLOOD-RED DOCK (*Rumex Sangvine*).

THE properties of this root are the same as those of the yellow dock.

DOCK ROOT, RED, OR WATER DOCK (*Rumex Aquaticus*)

PROPERTIES.—Detergent, slightly tonic, and astringent.

GOOD for the cure of scorbutic disorders, cancerous tumours, and as a wash for sore or ulcerated mouth.

Dose of the decoction (one ounce will make a pint), a wine-glassful four times a day.

We believe this to be the most powerful in operation of the three docks, red and yellow. Their properties are, otherwise, much the same.

DOCK ROOT, YELLOW (*Rumex Acutus*).

PROPERTIES.—Slightly astringent, tonic.

GOOD in scrofula, scurvy, and other impure states of the body or blood. Simmer, in a pint and a half of water to a pint, one ounce of the root.

Dose, a wine-glassful, or more, three times a day.

ELDER FLOWERS (*Sambuci Flores.*)

PROPERTIES.—Diaphoretic, stimulant.

BEING slightly stimulant they are taken in warm infusion for a cold. An ointment made from these is useful, and the water is good as a cooling lotion. The inner bark of the tree is aperient, and used with success in dropsies (one ounce of the bark to make a pint of decoction).

Dose, half a small tea-cupful three or four times a day.

ELDER, DWARF (*Sambucus Ebulus.*)

PROPERTIES.—Diuretic, diaphoretic, anti-scorbutic.)

USED in dropsies, scurvy, scrofula, and eruptions. One ounce of the dry herb makes a pint of the infusion.

Dose, a tea-cupful three or four times a day,

ELECAMPANE (*Inula Helenium.*)

PROPERTIES.—Tonic, stimulant, expectorant, diaphoretic.

GOOD in colds, coughs, and to combine with other remedies in debility of the digestive organs and cutaneous affections.

Dose, of the powder, a tea-spoonful three times a day ; of the infusion or decoction (one ounce to the pint), one or two wine-glassfuls three or four times a day.

ELM BARK, HARD, OR COMMON ELM (*Ulmus Campestris.*)

PROPERTIES.—Demulcent, slightly tonic, astringent.

HIGHLY esteemed in scurvy and cutaneous affections. We have known very bad cases where the hands were covered with sores, cured by this bark. The decoction is the usual form to use, and is often combined with other medicines. Boil one ounce in a pint and a half of water down to a pint. Dose, a tea-cupful three times a day.

EYEBRIGHT (*Euphrasia Officinalis.*)

PROPERTIES.—Slightly tonic and astringent.

USED and taken in dimness of sight either by infusion or decoction. One ounce of the herb makes a pint of the tea.

Dose, a small tea-cupful three times a day with, occasionally, a mild aperient at night. The eyes to be bathed with the warm infusion at night, and with the cold infusion by day.

FEVERFEW (*Matricaria Parthenium*).

PROPERTIES.—Tonic, stomachic, resolvent, stimulant, emmenagogue.

THIS has been given successfully for the cure of intermittents. It is a medicine of considerable activity, and is excellent for fomentation.

Dose, of the infusion (one ounce to a pint of water) half a tea-cupful three or four times a day ; as an emmenagogue half a pint should also be taken warm on going to bed at night.

FOXGLOVE (*Digitalis*).

PROPERTIES.—Sedative, diuretic.

It is stated by many good authorities to diminish the activity of the pulse, to increase the action of the absorbents and discharge of urine. It is used in dropsies as a diuretic, in delirium tremens as a nervine, in inflammation of the pleura or lungs, and consumption for its sedative and other powers. It must be used with caution, and only in limited quantities.

Dose, of the powdered leaves from a half to two grains, but we advise not to give more than one grain three or four times a day for four or five days ; after which time it should be discontinued for two or three days, resuming it if necessary.

Of the infusion (thirty grains scalded in half a pint of water) the dose is about two table-spoonfuls three times a day, either alone or in combination with other suitable herbs.

GARDEN SAGE (*Salvia Officinalis*).

PROPERTIES.—Stimulant, carminative, diaphoretic, tonic, astringent, nervine.

THE garden sage is less tonic and astringent than the wild, but more aromatic and stimulating. The other properties are similar.

The garden sage is used more for culinary than for medical purposes ; it will, however, also answer the latter to some extent.

GENTIAN ROOT (*Gentiana Lutea*).

PROPERTIES.—Tonic, stomachic, febrifuge.

It is a valuable pure bitter tonic, serviceable in nearly all cases of debility, and in weakness of the digestive organs, promoting the appetite and digestion.

Dose, of the decoction (one ounce of the root simmered in a pint of water for a short time) a wine-glassful three or four times a day ; of the powder, from twenty to forty grains three or four times a day.

GERMANDER (*Tincrium Chamodrys*).

PROPERTIES.—Tonic, anti-periodic, emmenagogue.

Good in fevers to create appetite, to correct female irregularities, and remove obstructions. One ounce will make a pint of either infusion or decoction.

Dose, as a tonic, a wine-glassful three or four times a day ; to remove obstructions in fever, or as an emmenagogue, half a pint *warm* should be taken at night.

GUM ARABIC (*Acacia Vera*).

THIS is good in inflammation of the bladder and kidneys, also in coughs, hoarseness, sore throats, &c.

The quantity need not be limited, as thousands of people live on it at the time of its gathering or harvest.

It is both wholesome and nutritious.

GOLDEN SEAL (*Hydrastis Canadensis*).

PROPERTIES.—Tonic, stimulant, detergent, and sometimes laxative.

It is good in indigestion, liver and bilious disorders, also as a wash for sore eyes.

Dose, of the powdered root, from six to twelve grains three or four times a day ; of the infusion (a quarter of an ounce to a pint of boiling water) a wine-glassful three or four times a day.

This is mostly combined with other medicines.

GOLD THREAD (*Coptis Trifolia*).*The Root.*

PROPERTIES.—Tonic, stomachic.

GOOD after fevers in promoting digestion, and as a gargle for sore throat or mouth, especially of children.

Dose of the powdered root, ten to twenty grains three times a day.

GROUND IVY (*Glechoma Hederacea*).

PROPERTIES.—Stimulant, pectoral, diuretic, anti-scorbutic.

THIS herb is good in consumption and affections of the kidneys, and for purifying the blood. One ounce to be infused in a pint of water. Dose, a tea-cupful three or four times a day.

GUAIACUM (*Guaiacum Officinale*).*The wood and the resin.*

IT is deobstruent, diaphoretic, stimulant, and emmenagogue. Good in rheumatism, gout, syphilitic disease, scrofula, scurvy, eruptions, and painful or obstructed menstruation.

Dose, of the powdered gum resin from ten to thirty grains, mixed with sugar and gum arabic, taken either in cinnamon water, or made into pills; of the tincture, half a drachm to a whole drachm in some decoction of herbs suitable to the complaint. The dose may be repeated three or four times a day. Decoction of the wood, half an ounce to make a pint.

GUM MYRRH (*This is a gum resin*).

MYRRH is not only astringent, but also tonic, balsamic, stimulant, and antiseptic. It is combined with tormentil for bowel complaints, with expectorants, for coughs and hoarseness, and with gargles for sore throats. Powdered myrrh scalded with water will answer most purposes, but the tincture is very useful in cases that are low and weak, and is more stimulating and warming.

Myrrh is generally used in combination with other medicines in proportion of from one to two drachms to the pint.

Dose, of the powdered myrrh, from ten to thirty grains, three, four, or five times a day ; of the tincture, from half to a whole drachm mixed in some fluid.

HEMLOCK (*Pinus Canadensis*).

(The hemlock spruce of America).

THE bark is astringent, diuretic, and tonic. It is seldom used alone, but in compounds, as the composition powder, &c. The leaves are more tonic, aromatic, and pungent. The infusion of the powdered leaves (a quarter of an ounce to a pint) drank warm and freely on going to bed, is very good in sudden cold and rheumatic affections ; it is, also, highly useful in gravelly complaints and obstructions of the urinary passages, for which half a small tea-cupful should be taken three or four times a day.

HOREHOUND (*Marrubium Vulgare*).

PROPERTIES.—Aromatic, stimulant, tonic, pectoral, diaphoretic.

THIS is an excellent remedy in coughs, colds, and consumptions.

Infuse one ounce in a pint of water.

Dose, one or two wine-glassfuls three or four times a day.

HYSSOP (*Hyssopus Officinalis*).

PROPERTIES.—Expectorant, stimulant, diaphoretic.

GOOD in coughs, colds, and consumption.

Dose, of the infusion (one ounce to the pint) a wine-glassful to a tea-cupful three or four times a day. It is better combined with horehound and mallows.

IPECACUANHA (*Cephaelis Ipecacuanha*).

PROPERTIES.—Emetic, expectorant, laxative, diaphoretic.

GOOD in bronchitis, coughs, &c. ; also, in large doses as an emetic.

Dose, of the powder, as an expectorant, from a half to two grains ; as an emetic, fifteen to thirty grains.

JALAP (*Convolvulus Jalapa*).

PROPERTIES.—Purgative, hydragogue.

THE powdered root is a very common but efficacious purgative. It should have some aromatic combined with it, or it is apt to gripe, and often very violent in action.

Dose, of the powder from ten to thirty grains.

JUNIPER BERRIES OR TOPS (*Juniperus Communis*).

THE berries are mostly used. They are stomachic, diaphoretic, and diuretic. Their action being most directed to the kidneys, they are useful in dropsies, either combined with other medicines or alone.

The infusion is made by scalding with a pint of water an ounce of the bruised berries. This is considered the best way of using them, and this quantity may be taken in about four doses during the day, but in many cases half the quantity may be sufficient. It is given with success in many complaints of the kidneys or bladder, uterine obstructions and dropsies; also, in scorbutic or cutaneous disorders.

KINO (*A concrete juice from the Pterocarpus Marsupium*).

PROPERTIES.—Powerfully astringent and styptic.

USED in diarrhoea, dysentery, and hæmorrhage, or bleeding of any kind; also in pyrosis or waterbrash (the ejection of a watery fluid from the stomach). It is used for the purposes of catechu.

Dose of the powder from ten to thirty grains with half as much cinnamon, repeating it three or four times a day.

A tincture is also made by adding a pint of spirits of wine to one ounce of kino in powder, of which the dose is from one to four tea-spoonfuls in some fluid three or four times a day.

LAVENDER (*Lavandula Spica and Lavandula Vera*).

PROPERTIES.—Stimulative, carminative, pectoral, nerveine, anti-spasmodic.

GOOD in flatulence, fainting, and nervous affections.

Dose, of the powdered leaves, from twenty to thirty grains; of the spirit of lavender, from thirty to sixty drops

in a little warm herb tea that may be otherwise suitable to the case, or in milk and water.

LIVERWORT (*Marchantia Polymorpha*).

PROPERTIES.—Antibilious, resolvent.

It is good in liver complaints, indigestion, and coughs of long standing, but should be combined with tonics, adding a pint of water for each ounce.

LOVAGE (*Ligusticum Levisticum*).

PROPERTIES.—Stimulant, aromatic, carminative, diaphoretic, emmenagogue.

It is good in hysteria and nervous affections to promote perspiration and open obstructions.

Dose of the infusion, one or two wine-glassfuls three or four times a day, as an emmenagogue; or to remove other obstructions, half a pint should be taken in addition at night on going to bed. It is mostly used in combination with other herbs.

MALE FERN (*Polypodium felix mas*).

PROPERTIES.—Vermifuge, astringent, slightly tonic.

The powdered root has been greatly celebrated for its effects upon the tape-worm.

Dose, from one to three drachms every morning.

MALLOW.

In the principal part of our practice we have used the common wild blue mallow (*malva sylvestris*). We have also made use of the vervain mallow (*malva alcea*). We have found, however, on reference to numerous authors that each and all of the mallows have been considered of the same properties. They may differ somewhat in amount of power, but we believe that difference is very little.

They should be used by decoction (one ounce simmered in a pint and a half until reduced to a pint).

Dose, from one to two wine-glassfuls every one, two, or three hours.

MANDRAKE, AMERICAN (*Podophyllum Peltatum*).

PROPERTIES.—Purgative, antibilious, anthelmintic, hydragogue, emmenagogue, and, to some, emetic.

It is somewhat like ipecacuanha, or jalap—powerful in its operation. The powdered root is mostly used, combined with some aromatic, and, often, with other milder purgatives. The extract is also used in the form of pills, usually combined with tonic medicines.

There is also a resin of mandrake called podophyllin.

Dose, of the powdered root, from ten to thirty grains, with sugar and some aromatic, as cinnamon, cloves, or ginger; of the extract, from five or ten grains combined with other medicines and the powder; of the resin, from a half to one grain, with aromatics. The podophyllin is good as a purgative in liver complaints, and for persons frequently troubled with bile in the stomach, also for worms, and dropsical cases where the patient is not above fifty years of age. It is also serviceable in female obstructions.

MANDRAKE (*Atropa Mandragona*).

THIS mandrake is a native of the southern parts of Europe, first cultivated with us, according to Turner, in the year 1562. It has fallen into disuse these many years. The roots most commonly called mandrake here, in England, are the Bryony roots, of which there is a white skin root, and a black skin root (See Index for Bryony).

MARSH-MALLOWS (*Althæa Officinalis*).

PROPERTIES.—Emollient, demulcent.

It is principally the mucilaginous matter of this plant that renders it so valuable as a medicine. It effectually relieves inflammation of internal surfaces and passages, and allays a tickling cough, inflammation of the bronchial tubes, and the heat, pain, and frequency of passing of urine, in inflammation of the kidneys, bladder, or urethra.

By a strong infusion of mallows and clivers we have cured many persons of these painful inflammations, giving, also, an occasional dose of aperient and diaphoretic medicine at night, and outwardly applying the leaves as poultices, even to painful scrofulous ulcers affecting the joints. We

have found it most successful in immediately relieving the pain, and most valuable in aiding their cure, even in cases where great pain had been endured for many months, and in which all other treatment had failed.

One ounce of dry mallows will make a pint of the tea, either by infusion or decoction. Dose, from half to a whole tea-cupful four or five times a day. In inflammation of the urinary organs, the dose should be taken more frequently.

MARSH ROSEMARY (*Statice Limonium*).

PROPERTIES.—The root is astringent, styptic, and tonic.

THE decoction or infusion is exceedingly good, with a little cayenne as a gargle, or wash, for sore mouth or throat, also as a medicine for hæmorrhage, relaxed bowels, chronic dysentery, &c. One ounce of the root will make a pint of the decoction, or half an ounce of the powdered root a pint of infusion.

Dose, of either decoction or infusion, from one to two wine-glassfuls three or four times a day ; or more may be taken.

MEADOW SWEET, or QUEEN OF THE MEADOW

(*Spiræa Ulmaria*).

PROPERTIES.—Anti-spasmodic, diaphoretic, diuretic, anti-scorbutic.

USEFUL in fevers, dropsies, scrofula, scurvy, &c.

Dose, of the infusion (one ounce to the pint) from one to two wine-glassfuls three or four times a day.

MOTHERWORT (*Leonorus Cardiaca*).

PROPERTIES.—Tonic, nervine, anti-spasmodic, diaphoretic, emmenagogue.

IT is useful in low forms of fever, morbid excitability of the nerves, disturbed sleep, pains in the stomach and head ; also, in chronic weakness of females, it is excellent to bring on the menses.

Dose, of the infusion (one ounce to a pint) a wine-glassful three or four times a day ; or to remove obstructions from a cold, &c., half a pint may be taken at night on going to bed.

MUGWORT (*Artemisia Vulgaris*).

PROPERTIES.—Emmenagogue, diaphoretic, tonic.

It is mostly used in cases of obstructed menses, and epilepsy.

An ounce or more of the herb will make a pint of either infusion or decoction. Take half a pint of the warm tea on going to bed every night, and a tea-cupful two or three times a day. It is mostly combined with pennyroyal in equal parts, and used in the same way.

MOUNTAIN FLAX, or PURGING FLAX (*Linum Catharticum*).

PROPERTIES.—Purgative, antibilious, deobstruent.

It is an effectual and useful aperient. A quarter of an ounce of the dry herb scalded in about a tea-cupful of water, sweetened, will make two doses. A little more or less can be taken according to the known susceptibility of the patient to the effect of opening medicine in general. It is also an excellent aperient to combine with suitable tonics, where there is costiveness in bilious or liver complaints.

MULLEIN, YELLOW (*Verbascum Shapsus*).

PROPERTIES.—Mucilaginous, pectoral, slightly tonic and astringent.

It is very good in consumption, asthma, and cough of any kind; diarrhoea, dysentery, and other debilitated states of the intestines.

One ounce of the herb will make a pint of the infusion. Dose, a tea-cupful three or four times a day or more. It is, for most people, better to take it warm both on going to bed at night and also in the day.

Many cases have been published of consumption being cured by this herb alone.

OAK BARK (*Quercus Pendunculata*).

PROPERTIES.—Astringent, tonic, styptic.

It is very useful in restraining hæmorrhage, alvine fluxes, and other immoderate evacuations; and as a gargle, wash, or lotion; also, for injections to cleanse and

strengthen. One ounce of the bruised bark will make a pint of decoction. Dose, a wine-glassful three, four, or more times a day.

PARSLEY (*Apium Petroselinum*).

PROPERTIES.—Diuretic, aromatic, carminative, antibilious.

BOTH the root and seed are used. The infusion or decoction, in combination with tonics, is very good in derangements of the liver ; if the root or seeds be chewed, and the saliva swallowed, it will relieve what is called the heartburn, which is occasioned by the bile getting into the stomach. Parsley is highly serviceable in curing the derangement called water-brash, and combined with other diuretics, as juniper, clivers, or pillitory of the wall, is excellent in stoppage of, or difficulty in passing, urine ; also, for persons troubled with gravel or stone in the bladder.

For the decoction, take one ounce of the root and simmer in a pint and a half of water ; for the infusion, take one ounce of the powdered or bruised seed, and scald in a pint of water. Dose, either of the decoction or infusion, a wine-glassful, three or four times a day.

PENNYROYAL (*Mentha Pulegium*).

PROPERTIES.—Stimulant, carminative, diaphoretic.

THE infusion is the best form to use (one ounce scalded in a pint of water). It is useful in allaying nausea and vomiting, given frequently in small quantities, as a table-spoonful or wine-glassful. Half a pint, taken warm on going to bed, promotes perspiration, and is frequently given to remove obstructions of the menses. It also affords great relief in flatulency, and pains in the stomach and bowels. Sweetened, it is excellent for infants and children to relieve pain or wind, or to promote perspiration and remove any slight feverish state.

PERUVIAN BARK (*Cinchona*).

PROPERTIES.—Tonic, astringent, anti-septic, febrifuge, anti-periodic.

It is very beneficially employed in fevers, after the stomach and bowels have been properly relieved of any obstructed or accumulated foulness, and a universal per-

spiration has been induced ; also, in most cases of debility, dyspepsia, and liver complaints. It is often of great service in consumption, in relieving the patient of the early morning colliquative sweats, beginning with a small dose of two or three grains of its salifiable base (quinine) between eight and ten o'clock in the morning, and repeating the same at about five or six o'clock in the evening ; discontinuing it if it should cause any difficulty of breathing.

It is also highly beneficial in eruptive and inflammatory diseases after proper evacuations, as before observed, relative to fevers.

The dose of the powdered bark is from ten to sixty grains ; of the infusion, by scalding half an ounce in a pint of water ; or decoction, by boiling the same quantity very slowly for about half an hour, from one to two wine-glassfuls three or four times a day.

The sulphate of quinine (the salifiable base of the bark) is easier taken, being given in much smaller doses, and nearly soluble in warm water. It is used for the same purposes as the bark, and although not possessed of *all* its properties, yet its most active principle is present.

The dose of quinine is from one to ten grains two or three times a day.

PEPPERMINT (*Mentha Piperita*).

PROPERTIES.—Stimulant, diaphoretic, anti-spasmodic, diuretic.

THIS herb should be scalded only, *not boiled* (one ounce to the pint).

It is good in flatulence, sickness, hysteria, pain in the stomach and bowels, and to alleviate the bad effects of a cold or fever. Take half a pint or so of the warm tea on going to bed at night. It is also very useful as an adjunct to other medicines, particularly *aperient* medicines, to prevent the griping that might otherwise occur.

PILLITORY OF THE WALL (*Parietaria Officinalis*).

PROPERTIES.—Diuretic, deobstruent.

THIS is excellent in the derangements of the urine, as gravel and stone, in correcting or preventing the deposit of the earthy salts or phosphate.

Pillitory, combined with garden parsley roots and marsh mallows, we have found highly serviceable in many complaints of the urinary secretion, especially in severer cases of gravel and stone.

It is generally used by infusion (one ounce to the pint.)
Dose, a tea-cupful three or four times a day.

PLEURISY ROOT (*Asclepias Tuberosa*).

THIS root is sub-tonic, diaphoretic, expectorant, diuretic, laxative, carminative, and anti-spasmodic.

We have found it very beneficial in combination with other diaphoretics, such as angelica or crawley, together with an eighth or tenth part as much of either lobelia herb or skunk cabbage powder, in the form of an infusion given warm in small but frequent doses until perspiration and expectoration are freely transpiring. These effects are produced with but little or no cayenne, which is sometimes of very great service, as the pungency of that article is very objectionable to some persons.

Drs. Mattson, Smith, and Beech speak of this root in the following terms :—"It acts safely in producing perspiration to equalise the circulation, and to exert a mild tonic effect as well as a stimulant power over the excretories. It relieves difficult breathing and pains in the chest."

PRICKLY ASH, BARK AND BERRIES (*Xanthoxylum Fraxinum*).

THE bark is stimulant and diaphoretic. Taken in full doses it produces a degree of warmth in the stomach, a tendency to perspiration, and a relief from rheumatic pains.

Dose, of the powdered bark, twenty to thirty grains three times a day, of the decoction (one ounce of the bark boiled in a quart of water) a tea-cupful every two or three hours or oftener.

The berries are said to be good in ague or intermittent fever, the infusion being given after proper evacuations in similar doses during the interval of the fits.

QUASSIA WOOD (*Picraena Excelsa*).

PROPERTIES.—Tonic, stomachic, anti-septic, febrifuge, astringent.

It has been found very effectual in restoring digestion, expelling flatulencies, and removing habitual costiveness produced from debility of the intestines, and common to a sedentary life. In low fevers, where increasing debility had begun to threaten the life of the patient, quassia has upheld the vital powers and promoted a critical intermission of the fever, by which an opportunity was afforded to effect a cure by quinine and more supporting nutriments. It is also exceedingly good in hysteria, &c. Dose of the cold or warm infusion (a quarter of an ounce to a pint), a wine-glassful or more three or four times a day. Quassia is seldom given alone, but is used in combination with other medicines.

QUEEN'S DELIGHT (*The root of Stillingia Sylvatica*).

PROPERTIES.—Tonic, diuretic, alterative, and in some instances, by large doses, purgative.

It is a remedy much employed in syphilis, gonorrhœa, gleet, scrofula, and chronic diseases of the liver and kidneys. Dose, of the powder, from four to eight grains, or, as a purgative, from ten to twenty grains; of the decoction (half an ounce to a pint), one or two wine-glassfuls three or four times a day. It is best combined with marsh-mallows, slippery elm, or any other thing of mucilaginous property.

RASPBERRY LEAVES (*Rubus Idæus*).

PROPERTIES.—Astringent, tonic, aromatic.

An infusion of the dried leaves with the same of marsh-mallows is an excellent remedy for bowel complaints of children, to whom it should be given warm and sweetened, with the addition of a small quantity of cayenne pepper. If used in season, this will generally cure.

The warm infusion, together with our anti-spasmodic drops, is a valuable medicine for women in labour, quieting the pains if untimely, and rendering them more efficient if labour has really commenced.

One ounce of the dry leaves will make a pint of infusion.

At the time of labour, two, three, or more wine-glassfuls, to which cayenne or anti-spasmodic drops has been added, should be taken every hour until the labour is completed.

Take half an ounce of raspberry leaves and half an ounce of mallows to make a pint of infusion, and give to a child under one year old, one tea-spoonful four or five times a day; under two years of age, two tea-spoonfuls as often, above that age, in *table-spoon* doses.

RHUBARB (*Rheum Palmatum*, in *Rheum Officinale*).

It is either stomachic, astringent, or purgative, according to the extent of the dose. In small doses, as of two or three grains, twice or thrice a day for a few days, it acts as a stomachic, stimulating the stomach, increasing the appetite, and promoting a beneficial flow of bile. It is likewise of much service in indigestion, jaundice, and a weakened, relaxed state of the bowels. The purgative action of the rhubarb is generally followed by constipation, dependant on its astringent constituent, and it is owing to this astringent property that a dose of rhubarb is often found beneficial in arresting an attack of diarrhoea. Rhubarb is mostly used, in combination with other purgatives, as an aperient.

ROSEMARY (*Rosmarinus Officinalis*)

The Leaves and Flowers.

PROPERTIES.—Stimulant, aromatic, tonic, corroborant.

ROSEMARY is considered one of the most powerful of those plants which stimulate and corroborate the nervous system. It is recommended in various affections which proceed from debility or defective excitement, or activity of the brain and nerves, as in certain headaches, giddiness, deafness, hysteria, palsy, and vertigo.

An infusion, made of half an ounce to the pint of the leaves and flowers, may be taken in table-spoon or wine-glass doses three or four times a day or more. Dose of the oil, from one to five minims or drops; of the spirit, ten minims to thirty in sweetened water, or warm milk and water.

RUE, GARDEN (*Ruta Graveolens*).

PROPERTIES.—Anti-spasmodic, tonic, deobstruent, emmenagogue.

GOOD in nervous affections, hysteria, and epilepsy ; for infants or children with thrush, and for pains or wind in the stomach.

Infuse one ounce of rue in a pint of water. Dose, for adults, one to two wine-glassfuls three or four times a day ; for infants a month old, one tea-spoonful three times a day, warmed and sweetened, more according to age. Of the powder, the dose for adults is from fifteen to thirty grains two or three times a day.

SARSAPARILLA, JAMAICA (*Smilax-Officinalis*).

It is believed to be diaphoretic, diuretic, tonic, and alterative.

Dose, of the decoction (one ounce to the pint simmered slowly for half an hour), a wine-glassful three or four times a day. Sarsaparilla, however, is best used combined with the following articles :—

Sarsaparilla root	1½ ounce.
Sassafras chips	1 ounce.
Guaiacum turnings.....	1 ounce.
Fresh liquorice root	1 ounce.
Mountain flax.....	½ ounce.

Simmer the whole in two quarts of water until it is reduced to one. Dose, a wine-glassful three or four times a day. This is good for all impurities of the blood, scrofula, and eruptions ; also for rheumatism, chronic or acute.

SASSAFRAS (*Laurus Sassafras*).

PROPERTIES.—Stimulant, diaphoretic, diuretic.

THE wood and bark are used. It is good in rheumatic complaints, eruptive diseases, &c. As by the decoction the volatile oil is dissipated, it is better given in infusion, and for this purpose the powdered bark is by far the best. A quarter of an ounce of the powder, or half an ounce of the bruised bark will make a pint of infusion ; of the wood or chips, one ounce to the pint.

Dose, a wine-glassful of either of these preparations, three or four times a day; of the oil, from one to five minims or drops.

SCULLCAP (*Scutellaria Lateriflora*).

PROPERTIES.—Nervine and tonic.

THIS herb is used in all nervous affections, convulsions, delirium tremens, restlessness, wakefulness, &c. Dose, of the infusion (one ounce to a pint of boiling water), one or two wine-glassfuls three times a day, and half a pint warm on going to bed; of the powder, from twenty to thirty grains three or four times a day.

SENNA (*Senna*).

THERE are several sorts of senna, but the undermentioned represent the two principal sorts in use :—

Alexandria (lanceolate and cassia obovate),

Tinnevely (cassia elongata).

All the different kinds are simple cathartics, operating mildly yet effectually. Both its griping quality and its nauseous flavour may be obviated by adding to it some aromatic substance, as ginger or cinnamon, and a little sugar. The infusion is the best form in use. Take senna, half an ounce, bruised ginger, quarter of an ounce, boiling water, nearly half a pint, and sweeten to taste. Dose, from one to two wine-glassfuls about every other day, as may be found necessary.

SKUNK CABBAGE (*Ictodes Fatidus*).

PROPERTIES.—Emetic, expectorant, diaphoretic, anti-spasmodic, emmenagogue, diuretic.

GOOD in asthma and all kinds of coughs, in fevers, and inflammations, dropsies, spasms, and obstructions of the menses.

Dose, of the powdered root, from twenty to thirty grains, given in sugar and water or milk at the time of the hot stage, or at night on going to bed. The dose may be repeated two or three times a day at intervals of about two or three hours.

SLIPPERY ELM BARK (*Ulmus Fulva of America*).

PROPERTIES.—Demulcent, emollient, pectoral, deobstruent, diuretic.

It is highly beneficial in all kinds of coughs, sore mouth or throat, inflammation of the lungs or pleura, stomach, bowels, kidneys, bladder, or urinary passages, used either as a tea or a gruel. A tea-spoonful of the powdered bark with a little spice of any kind may be scalded in half a pint of water and drank warm, a little at a time, during the space of two or three hours or so.

It is also very serviceable in bowel complaints, for which a gruel may be made of two or three tea-spoonfuls, with milk, spice, and sugar to taste.

SOUTHERNWOOD (*Artemesia Abtrotanum*).

PROPERTIES.—Stimulant, diaphoretic, discutient, and emmenagogue.

It is good in producing perspiration, to remove obstructions, for painful or difficult menstruation, and for eruptive diseases. Dose of the infusion (one ounce to the pint), from one to two wine-glassfuls three times a day, and half a pint warm on going to bed; for worms, one or two tea-spoonfuls of the powder should be taken in sugar and water.

SPEARMINT (*Mentha Viridis*).

PROPERTIES.—Anti-emetic, stimulant, carminative, anti-spasmodic, diuretic.

It is good to correct flatulency, nausea, or vomiting; also to warm and stimulate the stomach and kidneys, and to combine with aperient medicines. To prevent griping pains in the bowels it is best used by infusion (about one ounce to the pint) and may be taken freely.

SUMACH (*Rhus Glabra*.)

The Berries and Leaves.

PROPERTIES.—Astringent, antiseptic, diuretic, acrid.

THE sweetened infusion of the berries is very good as a gargle in sore throats and putrid fevers. The decoction is

said to be good in venereal and scrofulous diseases. Either is useful in strangury, to remove difficulties of the kidneys, to promote the discharge of urine and strengthen the urinary organs.

Dose, of the infusion or decoction (half an ounce of berries or leaves to a pint of water) either for a gargle or a diuretic, a wine-glassful four to six times a day.

SWEET FLAG (*Acorus Calamus*).

PROPERTIES.—Aromatic, carminative, stomachic.

THE warm infusion or decoction is useful in disorders of the stomach and bowels. Used as an adjunct to tonics in debility of the digestive organs, and for that distressing disorder called wind-colic. It is asserted by Drs. Smith and Beech that it has cured intermittents, even after the Peruvian bark had failed.

The infusion is made by scalding from half to three-quarters of an ounce of the powder in a pint of water; the decoction by boiling the crude root in the same proportions.

Dose, for wind-colic, a wine-glassful or two, four or five times a day or more. Dose, in substance, from twenty to sixty grains.

TANSY (*Tanacetum Vulgare*).

PROPERTIES.—Tonic, stomachic, resolvent, anthelmintic, diaphoretic, emmenagogue.

THE infusion is the best for most purposes. For worms, however, the blossoms, seeds, and leaves should be reduced to a powder and taken in substance, mixed with sugar or honey and a little water. Dose, from half to a whole drachm night and morning, together with a dose of opening medicine. As a tonic for the stomach, or to remove obstructions of the menses, the infusion should be used (one ounce to a pint of boiling water); for the former, take a wine-glassful three or four times a day; for the latter it should be taken warm, and in much larger doses through the day, and half a pint or more on going into bed at night.

THYME (*Thymus Vulgaris*).

PROPERTIES.—Stimulant, aromatic, anti-spasmodic.

THE infusion is the best form to use. Taken warm, it will relieve flatulence, colic, and spasms of the stomach or bowels, and will promote perspiration.

Drink freely of the infusion (one ounce of the herb to the pint) until relief is obtained. Wild thyme, or mother of thyme, has similar properties to the above, and can be used in the same way.

TORMENTIL (*Tormentilla Erecta*).

Herb and root.

THIS has long been held in great estimation as one of the strongest astringents of this country. The root is the more powerful, and is better used in powder. We have employed it with surprising success in cholera, diarrhoea, summer looseness, dysentery, &c., for upwards of thirty-eight years.

Dr. T. R. Thornton witnessed some most extraordinary cures performed by the use of this root. A poor man, he says, fond of botanical excursions, either by tradition or accident knew the powers of this root, and by making a strong decoction of it, sweetened with honey, cured agues which had resisted the bark, long-standing diarrhoea, ulcers of the legs turned out of hospitals as incurable, and the worst scorbutic ulcers, &c. It is most serviceable in fluxes, passing of blood, fluor albus, &c.

Dose, of the powdered root for diarrhoea, from ten to thirty grains every two or three hours until fully relieved, when smaller doses, at longer intervals, can be taken.

The dose of the infused powdered root (half an ounce to a pint of boiling water), is a small tea-cupful every two or three hours; and of the decoction, by simmering one ounce of the root in a pint and a-half of water for half an hour, the same as the infusion. For all other disorders mentioned, the dose is a wine-glassful, three, four, or five times a day.

UVA URSI (*Arbutus Uva Ursi*).

PROPERTIES.—Tonic, astringent, diuretic.

IT is good in many complaints of the urinary organs, and is employed in gravel, chronic inflammation of the kidneys,

diabetes, gleet, leucorrhœa, fluor albus, and dysentery. It was likewise formerly recommended for consumption. For infusion or decoction of the leaves, one ounce to the pint; of the powder, half an ounce to the same quantity of water. Dose, a small tea-cupful three or four times a day or oftener; of the powder in substance, from ten to twenty-five grains three or four times a day.

VALERIAN ROOT (*Valeriana Officinalis*).

PROPERTIES.—Nervine, anti-spasmodic, stimulant, and somewhat diuretic.

It is good in a variety of nervous affections, for the various symptoms occurring in hysterical patients or subjects, as spasm, arising like a ball in the throat, St. Vitus's dance, epilepsy, hypochondriasis, lowness of spirits, restlessness, want of sleep, &c.

The dose of the powdered root is from one to two drachms three times a day; of the infusion (half an ounce to a pint of boiling water), one or two wine-glassfuls three or four times a day; half a pint may also be taken hot on going to bed; of the decoction of the crude root (one ounce to a pint and a-half of water simmered a quarter of an hour), half a pint warm at night.

VIRGINIAN SNAKE ROOT (*Aristolochia Serpentaria*).

Its properties are powerfully stimulant, diaphoretic, anti-periodic, tonic, and anti-spasmodic.

Good in fevers, especially typhoid and remittent, in which it seems well adapted; also in hysteria, hypochondriasis, pleurisy, bilious complaints, sickness, indigestion, &c.

Dose, of the powder, from ten to twenty grains; of the infusion (a quarter of an ounce of the root to a pint of boiling water), one wine-glassful or more every three or four hours.

WATER BETONY (*Scrophularia Aquatica*).

It is anti-scorbutic and good in the cure of piles, tumours of a scrofulous nature, sore and inflamed eyes, &c., both internally and externally applied. Either the infusion or decoction may be used (about one ounce to the pint).

Dose, from a half to a whole tea-cupful three or four times a day.

We were informed by one of our customers a short time ago that he was cured of inflammation of the eyes by this herb after having been under a doctor's treatment for it two or three weeks, and getting worse rather than better, until he could not see by reason of the inflamed and swollen state of his eyes. He drank a tea-cupful of the infusion three or four times a day, bathed his eyes with some of the tea, and used an ointment made of the green herb and lard. By so doing he was cured in less than a fortnight.

WHITE POND LILY (*Nymphaea Alba*).

PROPERTIES.—Astringent, styptic, demulcent, antiseptic, anodyne, tonic.

THE infusion is useful in bowel complaints, and all diseases requiring astringent medicine. It is beneficial as a wash for sore eyes, and as a gargle for sore throats.

For infusion, half an ounce of the powder in a pint of boiling water. For the decoction, one ounce of the crude root to the pint. Dose, of either, from one to two wine-glassfuls three or four times a day.

WHITE POPLAR, AMERICAN ASPEN (*Populus Tremuloides*).

THE bark is diuretic and tonic, and considered by most persons a very pleasant bitter. The tea is a valuable remedy in debility, faintness at the stomach, want of appetite, feeble digestion, headache, and is also good for consumptive persons.

Scald in half a pint of water, one tea-spoonful of the powdered bark, add a little sugar, and take a tea-cupful three or four times a day. It is used in the compound called "Spiced Bitters."

WILD CARROT.

PROPERTIES.—Diuretic, emmenagogue.

GOOD for derangements of the kidneys and urinary passages, gravel, &c. One ounce of the herb or root will make a pint of decoction.

Dose, a tea-cupful three or four times a day.

WILD OR WOOD SAGE (*Yncrium Scorodonia*).

PROPERTIES.—Tonic, diaphoretic, deobstruent, astringent.

THIS herb is good in liver complaints to correct the bile and promote digestion. The author's brother, in his "Medical Reform," states that the green tops and leaves, softened in hot water, are, without exception, the best poultice for ulcerated sore legs.

It is also excellent in combination with tormentil or bayberry, when applied to scrofulous sores in the neck, arm, or feet.

Dose, of the infusion or decoction (taking one ounce or rather more to make a pint of either), a small tea-cupful or more three or four times a day. To produce perspiration, half a pint may be taken, warm, with the addition of ginger or cayenne, on going to bed.

WITCH HAZEL (*Hamamelis Virginica*)

The Bark and Leaves.

PROPERTIES.—Astringent, tonic, antiseptic, discutient, sedative.

THE decoction or infusion may be freely employed in those cases in which astringents are necessary. The American physicians say the bark affords an excellent topical application for painful tumours and piles, for sore and inflamed eyes, sore mouth and throat, as a wash for foul sores or corroded surfaces, for stopping bleeding of the stomach and menstrual effusions, and as injections for bowel complaints and falling of the womb or bowels.

One ounce of the bark will make a pint of decoction, and half an ounce of the powdered bark or leaves will make a pint of infusion. Dose, of either the decoction or infusion, from one to two wine-glassfuls three or four times a day.

WOOD BETONY (*Betonia Officinalis*).

PROPERTIES.—The root is said to be emetic and cathartic, the herb corroborant and detergent.

It has been found good in the cure of gout and rheumatism, also to relieve pain or giddiness of the head.

Dose, of either the infusion or decoction (one ounce to the pint), half a tea-cupful three, four, or more times a day; of the powder, one drachm two or three times a day.



YARROW.

WORMWOOD (*Artemisia Absinthium*).

PROPERTIES.—Tonic, aromatic, stimulant, anti-spasmodic, anthelmintic.

It is used with success to promote appetite and digestion. It quickens circulation, is good in epilepsy, worms, and intermittent fever. Dose, of the infusion (one ounce to the pint), from one to two wine-glassfuls three or four times a day; of the powder, from twenty to forty grains three or four times a day.

YARROW (*Achillea Millefolium*)

PROPERTIES.—Slightly tonic, astringent, aromatic, stimulant, diaphoretic and diuretic.

It is very useful in fevers, sudden cold, low debilitated states of the system, nervous weakness, flatulent colic, and to follow aperient medicines in bilious attacks.

The infusion is the best form of using it. One ounce or so will make a pint. Dose, to induce perspiration in cold or fever, half a pint on going to bed, with ginger or cayenne added; for any other ill state, from half to a whole tea-cupful three or four times a day.

THE FORMULÆ, OR COMPOUNDS.

ACID TINCTURE OF LOBELIA.

Take of Lobelia Herb	1 oz.
„ Cayenne	1 drachm.
„ Best Malt Vinegar	1 pint.

Macerate for twenty-four hours, and strain into a stoppered bottle.

If half an ounce of the tincture of cloves be added to this, it will help both to preserve the medicine and render it more pleasant to take.

Dose, for an adult, one tea-spoonful two, three, or more times a day, a little while after meals, as it is not so well taken on an empty stomach. This is used for all kinds of coughs, asthma, and pulmonary complaints.

LOBELIA SYRUP.

Take of Tincture of Lobelia.....	6 oz.
„ Best Golden Syrup, or Treacle, free from sediment	1 lb.
„ Essence of Spearmint	$\frac{1}{2}$ oz.

Mix well together and strain.

Dose : for adults, one tea-spoonful three times a day, half an hour after meals ; children under six months old, a few drops in a tea-spoonful of cold water ; under two years of age, half a tea-spoonful with half a tea-spoonful of water.

The lobelia tinctures are the most powerful expectorants known, and by seconding the efforts of nature, in bringing up the phlegm and matter from the lungs, relieve the breathing, reduce the violence, and shorten the paroxysms of the cough.

ALMOND EMULSION.

Take of Sweet Almonds	1 oz.
„ Bitter Almonds.....	1 drachm.

Let the almonds be placed in hot water for a short time, that their skins may be taken off, then beat them up into a pulp with half an ounce of loaf sugar in a marble or white mortar ; adding, little by little, two pints of water, and two ounces of gum arabic, either in a fine powder, or dissolved first into a mucilage with a part of the water. Mix all together thoroughly, and strain. It may be used freely in whooping or any other cough, where soft cooling liquors are necessary. It is also highly beneficial to add a little of our anti-spasmodic tincture, or other expectorant.

ANTI-SPASMODIC TINCTURE, OR DROPS.

Take of Simple Tincture of Myrrh	1 pint.
„ Lobelia Inflata, the pulverised seed	1 oz.
„ Cayenne Pepper	$\frac{1}{2}$ oz.

Shake well together for several days, and let it stand for a week. When taken mix with sweetened water or milk, or add to some other mixture.

Dose : from half to a whole tea-spoonful several times a day.

Good in coughs of all kinds ; and is a valuable preparation in violent and critical cases of disease, such as lock-jaw, epilepsy, convulsions, croup, hysterical attacks, apoplexy, suspended animation, &c.

CAMPHORATED EMULSION.

Take of Camphor	† drachm.
„ Sweet Almonds	6 or 8.
„ White Sugar.....	† oz.
„ Mint Water	8 oz.

Pound the camphor and almonds well together in a white mortar and add by degrees the mint water, then strain and dissolve in the sugar.

Dose : a table-spoonful every two or three hours.

This is also very good in whooping-cough, If the drops be added to it as in the almond emulsion, it will render it much more beneficial in many cases, with the stimulating or nerve drops as a morning remedy, or, with the anti-spasmodic, more for the afternoon and evenings.

COUGH MIXTURE.

Take of Mullien	1 oz.
„ Comfrey Root	1 oz.
„ Liquorice Root	1 oz.
„ Thyme	† oz.

Simmer the first three articles in three pints of water, about half an hour, then pour the boiling liquor on the thyme, cover it until cold, strain and add half an ounce of nerve drops, or anti-spasmodic drops.

Dose : from half to a whole wine-glassful three, four, or more times a day.

This mixture will be found highly beneficial in asthma, and for all ordinary coughs, especially so with the nerve drops; for consumption, the anti-spasmodic drops should be used.

COUGH MIXTURE.

Take of Horehound and Hyssop each ...	1 oz.
„ Comfrey Root, bruised or pounded	1 oz.

Scald with one quart of boiling water, strain when cool, and add one-quarter of an ounce of anti-spasmodic drops.

It will also be well to sweeten with about two ounces of syrup of tolu.

Dose : a wine-glassful three, four, or five times a day.

The substituting bogbean for horehound makes a very beneficial change after having taken the latter a week or so.

COUGH SYRUP.

Take of Almond Emulsion	12 oz.
„ Syrup of Tolu	2 oz.
„ Ipecacuanha Wine	$\frac{1}{4}$ oz.
„ Anti-Spasmodic Drops	$\frac{1}{4}$ oz.

Mix.

Dose : from a table-spoonful to a wine-glassful three or four times a day; for children, less, according to age.

COUGH SYRUP.

Take of Distilled Hyssop or Hyssop Water	12 oz.
„ Syrup of Lobelia Inflata	2 oz.
„ Vinegar of Squills	$\frac{1}{4}$ oz.
„ Syrup of Tolu	3 oz.

Dose : from a table-spoonful to a wine-glassful three or four times a day.

COUGH SYRUP.

Take of either Peppermint Water or	
Water of Hyssop	4 oz.
„ Syrup of Tolu.....	3 oz.
„ Tincture of Camphor, Co.	
(Paregoric)	2 oz.
„ Anti-Spasmodic Drops	$\frac{1}{2}$ oz.

Dose : one or two tea-spoonfuls several times a day.

If the nerve drops are substituted for the anti-spasmodic, the mixture will be more cordial, but less expectorant.

DIAPHORETIC, OR SUDORIFIC, POWDER.

Take of Pleurisy Root, in powder	1 oz.
„ Skunk Cabbage „	1 oz.
„ Crawley Root „	1 oz.
„ Loaf Sugar in fine powder	3 oz.

Mix well together.

The dose is from a half to a whole tea-spoonful, in a little cold or lukewarm water, repeated every hour or two, during a period of from eight to twelve hours, according to the violence of the symptoms. For infants, the infusion may be employed by steeping a tea-spoonful in a small tea-cupful of water, and adding sugar. This may be given in doses of one, two or three tea-spoonfuls, according to the age of the child, and repeated every one or two hours for some four, six or eight hours, according to the symptoms, that is, so long as a feverish or dry heat prevails ; but when that gives place to perspiration, then it should be discontinued, and tonics administered.

It operates mildly and gently upon the system, producing moisture of the skin. It allays excitement, regulates the pulse, predisposes to sound and natural sleep, and, in most instances, subdues all fever.

DIURETIC PILLS, OR No. 5 PILLS.

Take of Solidified Copaiba	2 oz.
„ Alcoholic Extract of Cubebs	1 oz.
„ Foxglove, in powder	$\frac{1}{2}$ oz.
„ Oil of Juniper	10 drops.

Mix and form into pills.

Dose : one or two, three or four times a day.

These are very valuable pills in diseases of the kidneys or bladder, also in dropsy, gravel, gonorrhoea, gleet, &c.

DIURETIC POWDER.

Take of Juniper Berries, powdered	1 lb.
„ Sumach „ „	$\frac{1}{2}$ lb.
„ Canada Pine Bark „	2 oz.
„ Cloves „ „	2 oz.
„ Ginger „ „	2 oz.
„ Cayenne Pepper	$\frac{1}{2}$ oz.

Mix and pass through a sieve.

The infusion of this powder is highly serviceable in many complaints of the kidneys and bladder, and for those persons troubled with the gravel or stone, &c.

Scald one tea-spoonful of the powder with two of sugar in half a pint of boiling water.

Dose, a tea-cupful three or four times a day, and half a pint may be taken at night to induce perspiration.

DOCK ROOT OINTMENT.

Take of the rind of the pointed or red dock root, bruised, one pound, simmer it for five or six hours in one pound of lard, and strain while warm.

This is good for eruptions on the skin and almost any kind of wounds.

EMETIC.

Lobelia Herb, powdered	2 oz.
Lobelia Seed "	1 oz.
Cayenne Pepper	$\frac{1}{2}$ oz.

Mix.

The usual dose is one drachm, mixed with a large table-spoonful of treacle or moist sugar and a little cold water, just sufficient that it may be drank easily. This quantity may be taken either at once or it may be divided into two or three portions and taken at intervals of fifteen or twenty minutes, or until full vomiting takes place; it may not always, however, require the whole drachm to produce that effect. Some hot composition or ginger tea should be taken between the doses and during the intervals of vomiting. When the vomiting has been full and sufficient, a little gruel, made of flour and milk, will settle the stomach. A tea-spoonful of our nerve or stimulating drops, or instead, two tea-spoonfuls of brandy in the gruel will be of much benefit.

GARGLE OR PEPPER SAUCE.

Cayenne Pepper.....	$\frac{1}{2}$ oz.
Common Salt.....	$\frac{1}{2}$ oz.
Boiling Water.....	$\frac{1}{2}$ pint.

Stir well and let it stand ; when strained, add half a pint of good vinegar. It may be used either of this strength or diluted with water. A tea-spoonful of the gargle should be taken three or four times a day either in its full strength or with an equal quantity of water. The throat should be gargled well every hour, and a piece of flannel doubled and saturated with the strong gargle placed round the upper part of the throat and bound on with two or three thicknesses of dry flannel, or a handkerchief. These applications should be renewed three or four times in twenty-four hours, when the throat should be, for a few minutes, bathed by means of a large flannel and hot water.

INJECTIONS, GLYSTERS or ENEMAS.

These are means by which medicines are thrown into the bowels by instruments made for the purpose. Few persons are aware of the great benefit to be derived from the employment of injections. For adults, a pint should be injected. When given to children, the quantity must be proportionably lessened. Scald one ounce of camomile flowers with a pint of water, strain, and use warm, with one ounce of olive oil ; it may be improved by adding one or two tea-spoonfuls of our anti-spasmodic or stimulating drops. This will relieve the bowels, and in many other ways be beneficial to the whole of the system ; and will, also, answer a great many purposes for which injections are used.

INJECTION.

Take a pint of strained barley-water or thin gruel, and one ounce of spirits or oil of turpentine, beaten up with the yolk of an egg. Mix, and use luke-warm. This will relieve very obstinate cases of costiveness, and inflammation of the bowels.

LINIMENT OF SOAP, or OPODELDOC.

Take of Hard Soap, scraped fine.....	2½ ounces.
„ Camphor, pounded.....	1½ ounces.
„ Oil of Rosemary	3 drachms.
„ Rectified Spirits	8 ounces.
„ Distilled Rose-water	2 ounces.

Gradually mix together.

This is an excellent preparation, and may be used with advantage in rheumatic pains, swollen joints, and for sprains, bruises, &c,

LINIMENT OF TURPENTINE.

Take Rose-water	1 oz.
„ Castile Soap	$\frac{1}{4}$ oz.
„ Almond, or Olive Oil.....	1 oz.
„ Camphor	$\frac{1}{4}$ oz.
„ Extra strong Anti-spasmodic Tincture, or Tincture of Cayenne	1 oz.
„ Oil of Turpentine	3 oz.

First scrape the soap into very fine shavings, and rub it into a paste with the rose-water, then add the oil of almonds, and mix well together. The camphor must be cut into fine shavings, and dissolved in the anti-spasmodic tincture before mixing with the other articles; last of all, add the turpentine, and shake well together. This is an excellent liniment for rheumatism, sprains, bruises, and for all general purposes.

RHEUMATIC LINIMENT.

Spirits of Hartshorn	1 oz.
Olive Oil	2 oz.
Oil of Turpentine	1 oz.
Spirits of Camphor	1 oz.
Hard Soap, in fine scrapings	$\frac{1}{2}$ oz.

Mix them all well together. This is a strong application, suitable for chronic rheumatism, sprains, bruises, &c.

BRYONY LINIMENT.

Take of fresh bryony root, about four ounces; scrape it with a knife into a frothy or soapy mass, then work it up with a pint of hot vinegar.

This is very good for rheumatism, stiff joints, painful swellings, sprains, bruises, &c.; also, for reducing scrofular swellings before they have broken. To be applied gently after hot bathing.

NERVE POWDER.

Take of Scullcap Herb, in powder	$\frac{1}{2}$ lb.
„ Valerian	$\frac{1}{4}$ lb.
„ Cloves	1 oz.
„ Cinnamon	1 oz.
„ Ginger	2 oz.
„ Cayenne Pepper	$\frac{1}{4}$ oz.

Mix, and pass through a sieve.

The tea of this powder is highly serviceable in all nervous affections. Scald a tea-spoonful of the powder with two of sugar in half a pint of boiling water.

Dose : a tea-cupful three or more times a day, and half a pint may be taken at bed-time.

NERVE TINCTURE, OR DROPS.

Take of Stimulating Drops, or Thompson's Rheumatic Drops	8 oz.
„ Aromatic Spirit of Ammonia.....	2 oz.
„ Scullcap, in powder	$\frac{1}{4}$ oz.

Mix, and shake together. Let it stand a week or more, and shake several times, then strain and keep for use.

Dose : from one to two tea-spoonfuls in some convenient fluid.

This is highly beneficial in flatulency, hysterics, debility, fainting, and any nervous affection.

POULTICES.

The object in using this kind of application, is to soften and relax the part to which they are applied ; to allay pain and inflammation, hasten the discharge of matter from tumours or swellings, and cleanse ill-conditioned sores.

INDIAN MEAL POULTICE.

Stir Indian meal into hot boiling water until it is of the desired consistency. This forms an excellent emollient poultice, and with the addition of cayenne, lobelia, or Thompson's Rheumatic Drops on the surface, has been the means of dispersing scrofulous tumours. It may be applied to stiff and painful or swollen joints, to the abdomen in colic and other affections of the bowels.

YEAST POULTICE.

Take of wheat flour one pound, and mix with half a pint of yeast. Expose the mixture to a gentle heat until it begins to rise. This poultice is gently stimulant, and is sometimes applied with much benefit to foul gangrenous ulcers; it corrects the fetor, while it is supposed to hasten the separation of the slough or dead parts.

SLIPPERY ELM POULTICE.

There is probably nothing better for an emollient poultice than powdered slippery elm, as it is not only of a soothing nature, but continues moist longer and does not turn rancid so soon as other substances. It requires only to be mixed with hot water, in quantity according to the size of the poultice needed. If a large poultice is required, bread can form the body of the poultice, and the elm, mixed into a thin paste, spread on the face of it. Bread and elm mixed poultices are very soothing, and will very often relieve painful wounds and inflammations.

Bread soaked in hot strong yarrow, or marsh-mallow tea, will tend both to cleanse and heal ill-conditioned wounds and inflammatory conditions of the skin.

LOBELIA PILLS.

Take of Lobelia Herb, in powder	1 oz.
„ Lobelia Seed „	1 oz.
„ Cayenne Pepper	$\frac{1}{4}$ oz.
„ Scullcap and Valerian, of each ...	$\frac{1}{4}$ oz.

Mix with mucilage of gum arabic, and form into pills.

These may be employed with much benefit in many diseases, as indigestion, liver complaint, consumption, asthma, dropsy, rheumatism, gout, jaundice, scrofula, &c.

Dose: from one to two pills three or four times a day, with a double dose on going to bed at night, when, if opening medicine be needed, it should be taken.

CAYENNE PILLS.

Take of Cayenne Pepper	2 oz.
„ Loaf Sugar, in powder	1 oz.
„ Canada Balsam	$\frac{1}{4}$ oz.

Form into pills with mucilage of gum arabic.

These are employed whenever the patient has an aversion to the use of cayenne in the fluid medicines ; and they are also very useful where it is necessary to administer a large quantity of cayenne to raise the internal heat, and promote the circulation of the fluids of the body from its centre.

APERIENT PILLS,

For correcting the bile, and mildly relieving the bowels.

Take of Socotrine Aloes, pulverised	2 oz.
„ Best Turkey Rhubarb.....	$\frac{1}{2}$ oz.
„ American Mandrake (Podophyl- lum Peltatum)	$\frac{1}{2}$ oz.
„ Golden Seal (Hydrastis Cana- densis).....	$\frac{1}{2}$ oz.
„ Cayenne Pepper	$\frac{1}{2}$ oz.
„ Castile Soap, scraped fine	$\frac{1}{2}$ oz.

Fresh bullock's gall, reduced a little by heat in an oven.
Mix the whole into a mass of the required consistency for making into pills.

Dose : two at night, occasionally.

No. 4. PILLS.

Take of Pulverised Gum Assafœtida	1 oz.
„ Cayenne Pepper	$\frac{1}{2}$ oz.
„ Scullcap, in powder.....	$\frac{1}{2}$ oz.
„ Foxglove „	$\frac{1}{2}$ oz.
„ Cloves „	$\frac{1}{2}$ oz.
„ Sulphate of Quinine	$\frac{1}{2}$ oz.

Form into pills with mucilage of gum arabic.

These pills are highly useful in nervous affections,
epileptic fits, St. Vitus's dance, hysterics, &c.

Dose : one pill three or four times a day.

FEMALE PILLS.

Take of Socotrine Aloes	$\frac{1}{2}$ oz.
„ Cohosh, in powder	2 oz.
„ American Mandrake, in powder...	1 oz.
„ Lobelia Seed, in powder.....	$\frac{1}{2}$ oz.
„ Cayenne Pepper	$\frac{1}{2}$ oz.

To be mixed either with Venice turpentine or copaiba balsam.

Dose : two pills three times a day, and four more may be taken at night, if they do not act too much on the bowels.

These pills are of excellent service in obstructions of the menses.

SALVE.

Burgundy Pitch	1 OZ.
Frankincense.....	1 OZ.
Bees'-wax	1 OZ.
Dock or Vervain Ointment	3 OZ.

Melt and mix together. This is an excellent salve for either fresh or old wounds, scrofulous, or any other. If the ointment of dock or vervain cannot be obtained, marsh-mallow, or elder ointment, or palm oil, will do.

SALVE.

Venice Turpentine	1 OZ.
Resin.....	1 OZ.
Bees'-wax	1 OZ.
Burgundy Pitch	1 OZ.
Palm Oil	2 OZ.

Melt altogether by a gentle heat.

The quantity of palm oil can be increased or diminished according to the consistency required, bearing in mind that the less palm oil there is in the ointment the more drawing it will be. This is also very good for fresh or old wounds.

STIMULATING TINCTURE OR DROPS.

Thompson's Rheumatic Drops.....	$\frac{1}{2}$ pint.
Spirituos Lavender	4 oz.

Mix together for use.

Dose, from one to two tea-spoonfuls in any convenient fluid, as milk, water, &c. To make it more beneficial to the nervous system add half an ounce of the tincture of Foxglove (*Digitalis*). Dose : as before set forth. These

drops are very suitable for the same complaints for which the Thompson's rheumatic drops are recommended, and especially so where any nervous affection exists.

THE THOMPSONIAN COMPOSITION POWDER.

Take of Bayberry Bark, in powder.....	1 lb.
„ Slippery Elm Bark „	1 oz.
„ Best Ginger „	$\frac{1}{4}$ lb.
„ Cloves „	2 oz.
„ Cayenne Pepper	$\frac{1}{2}$ oz.

Mix and pass through a sieve.

This is a safe and gentle stimulant, equalising the circulation, strengthening the digestive organs, producing a moist condition of the skin, and enabling the different organs to perform their functions in a more natural and healthy manner.

It may be used with safety in any disease.

Dose, a tea-spoonful with double the quantity of sugar scalded in half a pint of water, drank warm on going to bed, and from half to a whole cupful two or three times a day either warm or cold.

THOMPSON'S RHEUMATIC TINCTURE OR DROPS.

Take of Gum Myrrh	4 oz.
„ Cayenne Pepper	$\frac{1}{4}$ oz.
„ Brandy	1 quart.

Mix and shake together for several days, and let it stand for use. This is a tincture of cayenne; it is a powerful stimulant, similar to the anti-spasmodic drops, and is used for many of the same purposes, but is not so expectorant or likely to make sick. It is more suitable for weak and delicate persons.

Dose, from a half to a whole tea-spoonful in milk, sweetened water, or other fluid, several times a day.

It is anti-spasmodic and antiseptic, and very suitable to combine with other appropriate medicines, for weak and debilitated cases, and particularly for the aged and infirm.

TONIC OR SPICED BITTERS.

Take of Poplar Bark, in powder.....	1 lb.
„ Prickly Ash Bark „	$\frac{1}{4}$ lb.
„ Golden Seal „	2 oz.
„ Cinnamon „	2 oz.
„ Cloves „	2 oz.
„ Ginger „	$\frac{1}{4}$ lb.
„ Cayenne Pepper „	$\frac{1}{2}$ oz.

Mix and pass through a sieve.

This preparation is well adapted to cases of general debility; it is both tonic and stimulant.

Scald a tea-spoonful, with double the quantity of sugar, in half a pint of water. From half to a whole tea-cupful to be taken three or four times a day.

VERVAIN OINTMENT.

Take of Green Vervain Leaves, well bruised, 1 lb.

Simmer for five or six hours in one pound of lard, and strain while warm.

Used in scrofula, and for the same purposes as the dock ointment.

DIRECTIONS FOR TAKING THE THOMPSONIAN COURSE OF MEDICINE.

WHEN it is decided that the condition of the patient is such as to necessitate the administration of the course, the pulse and temperature being higher than is usual or healthy, the first operation, in order to accomplish its full design, should be that of giving a stimulating injection (for which see index), unless the bowels have been well evacuated the same day. The patient should also frequently drink of the hot tea, either of composition, or some diaphoretic, or sweating herb, made pungent with cayenne pepper. The vapour bath should then be given as directed at page 197. After the bath, when the patient has been in bed fifteen or twenty minutes, and is thoroughly warm, the emetic of lobelia should be taken, either in one dose, or divided into two or three, and taken at intervals of ten or fifteen minutes, drinking frequently of hot composition, ginger, or other hot tea, to promote full and easy vomiting. It is important that the temperature of the body should be kept up during the operation of the emetic, and afterwards also, so that shivering may not take place; otherwise, a relapse might follow. Everything should be done to maintain the standard of temperature, and to strengthen and lengthen the improved condition which has been effected by these means. This may be done by administering the tonic and nervine medicines (see index) as soon as any improved condition can be perceived, which may be in three or four hours after the action of the emetic, or upon awaking in the morning; but, at latest, before ten a.m. The earlier the mixture is given the better, the patient feeling a little better at the time.

THE EFFECTS OF A THOMPSONIAN COURSE OF MEDICINE.

Of all the discoveries ever yet made with a view to expel disease from the human system, and restore it to healthy action, none have ever approximated to a tithe of the excellence that can be claimed and proved in defence of this

peculiar treatment. The course may be said to be a concentration of all the Thompsonian remedies, brought to exert their full influence upon the whole system at one and the same time, making the *modus operandi* of all specific, and philosophically in accordance with the principle that "Heat is life," simultaneously arousing into powerful action every function of the system, expanding the vessels, increasing circulation, secretion, and excretion, and thus exciting these powers to their fullest extent to expel the morbid matter by every natural channel.

The result of the Thompsonian course, when well and fully administered, often appears miraculous; this is the case in fever and inflammation, sometimes even in chronic cases, by removing in a single course distressing symptoms that have defied the application of other treatment for years. To describe the course briefly, it may be said to consist of injections to evacuate the bowels, astringents to cleanse the mucous membrane of the alimentary canal, stimulants and vapour baths to promote perspiration, and emetics to free the stomach from its vitiated contents.

"This," says Dr. Mattson, is the *one remedy for all diseases*, which the diplomatised physicians long condemned as unphilosophical and absurd. I do not hesitate to say, however, from what I have seen of the routine practice in our public institutions, that a *course of medicine* will do more in a few hours towards the removal of disease, than is often accomplished by the old school physicians in weeks, or even months.

It tends directly to tranquillise the circulation, remove obstructions, invigorate the skin, promote appetite and digestion, and every organ and part of the body to a natural and healthy condition. If these results are produced, it matters not what may be the type of the disease, for nothing further can be done towards the perfection of a cure.

This is a system at once embracing all that is safe and good in all others known, but with new methods of administration—a system reared upon newly-acknowledged facts of nature, and founded upon principles which are co-existent and equal in duration with the universe; while it is of universal application and specific in power, not only in the hands of a few, but equally so in the hands of all who choose to use it.



DIRECTIONS FOR TAKING THE VAPOUR BATH.

AFTER reading carefully the directions, to ensure success, see that you have all the things that will be wanted, in readiness and to hand before beginning the bath.

Make two fire-bricks partly red-hot, put one of them, standing on the narrow side, or edge, in a shallow baking-tin, dish, or any other convenient shallow vessel ; if earthenware, lay two or three small pieces of wood in the bottom of the dish, so that the heat of the bricks may not crack it. Before putting water in the dish, place the vessel containing the bricks under a chair ; then, immediately, seat the patient on the chair, naked ; quickly envelop him and the chair in a blanket, sufficiently large to reach the floor, and *exclude*

the air. The feet should be raised on a stool, or to the rail of the chair, that they may feel the warmth of the vapour. Then administer a tea-cupful of warm composition-tea, and let the patient drink some several times whilst in the bath, to warm and stimulate the inside, and enable him to bear the external heat and vapour. Open the blanket at the bottom, and pour boiling water direct from the kettle into the dish, *not upon* the bricks, but rather down the side of the vessel, till the brick is half immersed. An immense steam will immediately arise under the blanket, and affect the whole surface of the body. Should it at any time feel too hot for the patient, let a small portion of the blanket be opened: the admission of air will give instant relief, and the blanket may be closed again. The steam thus generated will continue for half an hour; but from fifteen to twenty minutes will generally be found sufficient, if the vapour bath be properly administered, which may be known by the sweat on the forehead. If the patient can bear a little more heat, when he has been in the bath eight or ten minutes, change the brick in use for the one you have in the fire, so that a good heat may be raised towards the end of the bath, which is of very great importance.

When perspiration appears fully, throw off the blanket and remove the brick, and, immediately, with a towel, wet with vinegar and cold water in equal proportions, quickly wash or wipe the patient from head to foot, not exceeding, if possible, a minute in so doing. Then rub him with dry cloths, and put him to bed between blankets. To keep up the circulation, place to his feet a hot brick, wrapped in a damp cloth two or three times thick, soaked in warm vinegar and water, with a dry cloth outside. Continue to give a cup or two of hot composition-tea as soon as in bed. If the patient be a child, or one too weak to sit up, the following plan may be more suitable:—Get three stone bottles filled with boiling water, wrap them in cloths two or three times thick, wetted with vinegar and water, place one at the feet, and one near each side of the body (hot bricks wrapped in wet cloths, as above, will answer the same purpose). The stimulating composition-tea must always be taken while heat is being applied to the surface of the body. In the treatment of a child, someone should keep their naked arm in

the bed with it the whole of the time the bath is being administered, to judge of the heat ; and lift the end of the bed-clothes whenever the heat is too great.

TO STEAM A BAD LEG.

Let one hot brick be placed on its narrow side in a dish, and place this partly under a stool ; put the foot upon the stool, and let a petticoat, or any other convenient-sized cloth, be bound over the knee ; but a *flannel* petticoat is the best, if large enough to fall on the floor and cover the stool and dish. Pour hot water from the kettle—NOW, REMEMBER, *not on the top of the brick*, but gently down the side of the dish. After enjoying this bath for fifteen minutes, drinking freely of *composition-tea*, throw off the covering, and wash the leg with cold vinegar and water, *and don't be afraid of it* ; then rub it dry with a soft towel. If you have ointment to apply, now do so, and then bandage the leg with wet cotton cloths ; sleep in these. But if poultices are to be applied, do so as you have been directed. Let the brick be wrapped up in wet cloths, and put to the feet in bed. Wholly abandon tobacco and beer, also cheese and fat meats, and use very little butter. Now, *before you begin*, DO RECOLLECT, and have *all things ready*.

If you reflect you will see that the disease in the leg is truly the outward and visible sign of the inward impurities, and that perfect health depends as much on a clean stomach, as happiness depends upon a clear and clean conscience.

HOW TO STEAM YOUR ARM.

Upon the plan for steaming the leg, only put aside the stool, tie the petticoat round the shoulder, and hang your arm over the brick and dish.

DIET TABLE.

AMONG the various writers on the subject of digestion, we know of no one who is more entitled to respect and attention than Dr. Beaumont, of America, styled by Dr. Combe, of Edinburgh, the *American Physiologist*. He was a surgeon in the United States Army, and was called to the case of a young man named Alexis St. Martin, who had been accidentally wounded in the left side by a discharge of duck shot from a musket, which carried away the skin, muscles, and a portion of the ribs, and perforated the stomach. The patient recovered from the effects of the wound, but the orifice in the stomach still remained, and the food and drink were only prevented from passing through it by the application of compresses and bandages. Finally, however, the orifice was filled by a fold or doubling of the coats of the stomach which acted as a valve, and which could be easily pushed aside by the finger, so as to command a view of the interior of the organ.

Dr. Beaumont, therefore, had rare advantages in making himself acquainted with the process of digestion; and after devoting much time to the investigation of the subject, he published an interesting work explanatory of his labours, entitled *Experiments and Observations of the Gastric Juice*.

DR. BEAUMONT'S DIET TABLE,

Showing the length of time required for the digestion of different articles of food.

		HRS. MIN.	
Rice	Boiled	I	0
Pig's feet, soned	Boiled	I	0
Tripe, soned	Boiled	I	0
Eggs, whipped	Raw	I	0
Trout, salmon	Boiled	I	30
Trout, salmon, fresh	Fried	I	30
Soup, Barley	Boiled	I	30
Apples, sweet and mellow	Raw	I	30
Venison steak	Broiled	I	35
Brains	Boiled	I	45
Sago	Boiled	I	45
Tapicoa	Boiled	2	0

		HRS.	MIN.
Barley	Boiled	2	0
Milk	Boiled	2	0
Liver, beef's, fresh	Boiled	2	0
Eggs, fresh	Raw	2	0
Codfish, cured dry	Boiled	2	0
Apples, sour	Raw	2	0
Cabbage, with vinegar	Raw	2	0
Milk	Raw	2	15
Eggs, fresh	Roasted	2	15
Turkey, wild	Roasted	2	18
Turkey, domestic	Boiled	2	25
Gelatine	Boiled	2	30
Turkey	Roasted	2	30
Goose	Roasted	2	30
Pig, sucking.....	Roasted	2	30
Lamb, fresh.....	Boiled	2	30
Hash, meat, and vegetables	Warmed	2	30
Beans, pod	Boiled	2	30
Cake, sponge	Baked	2	30
Parsnips	Boiled	2	30
Potatoes, Irish.....	Roasted	2	30
Potatoes, Irish.....	Baked	2	30
Cabbage, head.....	Raw	2	30
Spinal marrow.....	Boiled	2	40
Chicken, full-grown	Fricasse	2	45
Custard	Baked	2	45
Beef, with salt only.....	Boiled	2	45
Apples, sour and hard.....	Raw	2	50
Oysters, fresh	Raw	2	50
Eggs, fresh	Soft boiled.....	3	0
Bass, striped, fresh.....	Boiled	3	0
Beef, fresh, lean, rare.....	Roasted	3	0
Beef, steak	Boiled	3	0
Pork, recently salted	Raw	3	0
Pork, recently salted	Stewed	3	0
Mutton, fresh	Boiled	3	0
Mutton, fresh	Broiled	3	0
Soup, beans.....	Boiled	3	0
Chicken, soup.....	Boiled	3	0
Aponewrosis	Boiled	3	0
Cake, Corn	Boiled	3	0
Dumpling, apple.....	Boiled	3	0

	HRS.	MIN.
Oysters, fresh	Roasted	3 15
Pork, steak	Broiled	3 15
Pork, recently salted	Broiled	3 15
Mutton, fresh	Roasted	3 15
Bread, corn	Baked	3 15
Carrot, orange	Boiled	3 15
Sausage, fresh	Broiled	3 20
Flounder, fresh	Fried	3 30
Catfish, fresh	Fried	3 30
Oysters, fresh	Stewed	3 30
Beef, fresh, dry	Roasted	3 30
Beef, with mustard, &c.	Boiled	3 30
Butter	Melted	3 30
Cheese, old, strong	Raw	3 30
Soup, Mutton	Boiled	3 30
Oyster, soup	Boiled	3 30
Bread, wheaten, fresh	Baked	3 30
Turnips, flat	Boiled	3 30
Potatoes, Irish	Boiled	3 30
Eggs, fresh ..	Hard boiled	3 30
Eggs, fresh	Fried	3 30
Green corn and beans	Boiled	3 45
Beet	Boiled	3 45
Salmon, salted	Boiled	4 0
Beef, fresh, lean	Fried	4 0
Veal, fresh	Broiled	4 0
Fowls, domestic	Boiled	4 0
Fowls, domestic	Roasted	4 0
Ducks, domestic	Roasted	4 0
Soup, beef, vegetables, and bread ..	Boiled	4 0
Heart, animal	Fried	4 0
Beef, old, hard, salted	Boiled	4 15
Pork, recently salted	Fried	4 15
Soup, marrow bones	Boiled	4 15
Cartilage	Boiled	4 15
Pork, recently salted	Boiled ..	4 30
Veal, fresh	Fried	4 30
Duck, wild	Roasted	4 30
Pork, fat and lean	Roasted	5 15

PROPERTIES EXPLAINED.

- ACRID** : biting, caustic.
- ALTERATIVE** : changing the morbid actions of the secretions.
- ANODYNE** : quieting, easing pain.
- ANTHELMINTIC** : expelling or destroying worms.
- ANTIBILIOUS** : correcting the bile or bilious secretions.
- ANTI-PERIODIC** : a remedy against the return of periodic diseases, as intermittents.
- ANTI-SCORBUTIC** : useful in scurvy.
- ANTI-SEPTIC** : preventing mortification.
- ANTI-SPASMODIC** : relieving spasms.
- APERIENT** : opening.
- AROMATIC** : agreeable, spicy.
- ASTRINGENT** : contracting the fibres or solids.
- BALSAMIC** : mild, healing, stimulant.
- CARMINATIVE** : expelling wind.
- CATHARTIC** : purgative, cleansing the bowels.
- CEPHALIC** : remedy for diseases of the head.
- CORROBORANT** : medicine that strengthens the human body when weak.
- DEMULCENT** : sheathing or lubricating.
- DEOBSTRUENT** : correcting the secretions, or removing obstructions.
- DETERGENT** : a medicine which removes viscid humours as adhere to and obstruct the vessels, or clears foulness from ulcers.
- DIAPHORETIC** : producing insensible perspiration.
- DISCUTIENT** : dissolving, discussing.
- DIURETIC** : increasing the discharge of urine.
- EMETIC** : causing vomiting.
- EMMENAGOGUE** : promoting menstruation.
- EMOLLIENT** : softening, causing warmth and moisture.
- EXPECTORANT** : producing discharge from the lungs.
- FEBRIFUGE** : dispelling fever, allaying fever heat.
- HÆMORRHAGE** : a flow of blood.
- HERPETIC** : curing diseases of the skin.
- HYDRAGOGUE** : possessing the property of removing water from the cavities of the body.
- LAXATIVE** : mild purgative.
- MUCILAGINOUS** : glutinous, lubricating.
- NERVINE** : strengthening the nerves.
- NUTRITIVE** : having the quality of nourishing ; nutrimental, alimental.

PECTORAL : useful in diseases of the lungs and chest.

PURGATIVE : medicines which evacuate the intestines.

REFRIGERANT : cooling and mitigating heat.

RESOLVENT : that which has the power of causing solution

SEDATIVE : depressing the vital powers.

STIMULATING : exciting action, giving strength.

STOMACHIC : to excite the action of and strengthen the stomach.

STYPTIC : stopping bleeding.

SUDORIFIC : causing sweat.

TONIC : permanently strengthening.

TOPICAL : medicines applied to a particular place.

VERMIFUGE : destroying worms.

VULNERARY : medicines which heal wounds.

G. STEVENS'S RETAIL LIST OF PRICES.

CENTRAL ESTABLISHMENT,

97, OLD MARKET STREET, BRISTOL.

ESTABLISHED 1847.

G. STEVENS continues to import all kinds of simple and compound Botanic Medicines, which are constantly kept on sale.

This well-known long-established house—the only one in Bristol—contains a much larger stock and greater variety of Herbs, Roots, Barks, and Prepared Thompsonian Medicines than does any other establishment in the West of England.

The plants are all gathered in their proper seasons, dried, and most carefully preserved; and as the whole arrangements are under the daily supervision of either the principal himself or one of his staff of competent assistants, his customers may depend upon receiving the genuine articles according to their orders, and may also be assured that he will never suffer the reputation of his establishment to be compromised by allowing to be sold impure, damaged, spurious, or adulterated articles of any kind whatsoever.

PUBLIC NOTICE.

G. STEVENS AND BROTHER were two out of the three who first introduced the American Botanic Practice of Medicine into England in the year 1840, and from that date to the present time the wonderful good done by the system to those who have tried it, has spread the practice of treating all diseases by herbs to such an extent that there is scarcely a town in England that has not a botanic practitioner in it. G. STEVENS has been at the above address for thirty-three years, and can confidently say, with great pleasure, that he has been the means of curing thousands after the regular or old school practitioners had given them over.

PRICE LIST.

	oz.	$\frac{1}{2}$ lb.	lb.
	s. d.	s. d.	s. d.
Acid Tinc. Lobelia ...	0 4	1 0	—
Acorns ...	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
Alder Berries ...	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
Alkanet ...	0 2	0 6	—

					oz.	$\frac{1}{2}$ lb.	lb.
					s. d.	s. d.	s. d.
Allspice	0 1	0 3	—
Aloes, Barb., finest	0 3	0 10	—
„ Socotrine	0 4	1 0	—
„ Ground	0 6	1 6	—
Ammonia, Carbonate	0 1	0 3	—
Ammoniac	0 2	0 6	—
Angelica Root	0 2	0 6	—
„ Ground	0 3	0 9	—
Aniseed	0 1	0 3	—
Aperient Pills	per box	...	0 6	—	—
Arrowroot	0 1	0 3	—
Assafoetida	0 4	1 0	—
Balm of Gilead Buds	0 2	0 6	—
Balmoney Herbs	0 4	1 0	—
„ „ Ground	0 6	1 6	—
Bark, Barberry	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
„ Bayberry	0 2	0 6	—
„ Beech Powder	0 4	1 0	—
„ Cascarilla	0 3	0 9	—
„ Oak	0 1	0 3	—
„ Peruvian	0 4	1 0	—
„ Prickly Ash	0 4	1 0	—
„ „ Ground	0 3	0 9	—
„ „ Ground	0 5	1 3	—
„ Sassafras	0 2	0 6	—
„ Slippery Elm	0 2	0 6	—
„ „ Powdered	0 3	0 9	—
Balsam Copaiba	0 4	1 0	—
Bees' Wax	0 2	0 6	—
Beth Root Powder	0 4	1 0	—
Bistort Root	0 2	0 6	—
Boneset Herb	0 4	1 0	—
Broom	0 1	0 3	—
Buchu Leaves	0 3	0 9	—
Burdock Root	0 1	0 3	—
Calumba Root	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
Camomile Pills	per box	...	0 6 and 1	0	—
Camomiles	0 1	0 4	—
Camphor	0 2	0 6	—
„ Best	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
Cancer Salve	per pot	...	0 6 and 1	0	—
Capsules, Copaiba	per doz.	...	0 3	—	—
„ „	per box, from	...	0 6 to 2	0	—
Carbonate Soda	0 1	0 3	—
Cardamom Seeds	1 0	—	—
Carraway	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
Castor Oil, best	0 2	0 6	—
Catechu Powder	0 2	0 6	—
Cayenne Pepper	0 4	1 0	—
Chalk, French	0 1	0 3	—

			oz.	1 lb.	lb.
			s. d.	s. d.	s. d.
Charcoal, Prepared	0 2	0 6	—
Chiretta	0 2	0 6	—
Cinnamon	0 6	1 6	—
Cinnamon Bark	0 4	1 0	—
„ Powder	0 6	1 6	—
Cold Cream	per box	0 1 to	0 6	—
Cloves, best	0 3	0 9	—
„ Ground	0 4	1 0	—
Coltsfoot Blossoms	0 2	0 6	—
„ Leaves	0 1½	0 4½	—
Comfrey Root	0 1	0 3	—
Coriander „	0 1	0 3	—
Cough Pills	per box	0 6	—	—
Cream Tartar	0 2	0 6	—
„ Pods	0 2	—	—
Cubebs, Powder	0 3	0 9	—
Cummin Seeds	0 2	0 6	—
Curcuma Powder	0 2	0 6	—
Dandelion Root	0 1	0 3	1 0
„ Pills	per box	0 7½	1 1½	2 3
„ Extract	0 6	—	—
Dock Root, Red	0 1	0 3	0 9
„ Water	0 1	0 3	0 9
„ Salve	per box	0 6 to	1 0	—
Elder Blossoms	0 2	0 6	—
Elecampane Root	0 2	0 6	—
„ „ Ground	0 3	0 9	—
Epsom Salts	—	0 1	0 4
Extract Camomile	1 0	3 0	—
„ Gentian	0 4	0 9	—
„ Sarsaparilla	1 0	3 0	—
„ „ Fluid	1 0	3 0	—
Fennel Seed, Sweet...	0 2	0 6	—
Fern Root Powder	0 6	1 6	—
Flour Brimstone	2 ozs.	0 1	0 2	—
Gentian Root	0 1	0 3	1 0
„ Ground	0 2	0 6	—
Ginger Root, Jamaica	0 1½	0 4½	—
„ Ground	0 1½	0 5	—
„ Common	0 1	0 3	—
Glycerine, Sarg's pure	0 2	0 6	—
Golden Seal	0 5	1 3	—
Gum Arabic	0 2	0 6	—
„ selected	0 3	0 9	—
Gum Myrrh Powder	0 5	1 3	—
Hartshorne Spirit	0 2	—	—
Healing Salve	per box	0 6 to	1 0	—
Herb Tobacco	0 1½	—	—
Hiera Picra	0 6	1 6	—
Iceland Moss	0 1	—	1 0

			oz.	1 lb.	lb.
			s. d.	s. d.	s. d.
Indian Pink	0 4	1 0	—
Insect Powder	0 6	—	—
Irish Moss	0 1	—	0 10
Jalap Powder	0 6	1 6	—
Juniper Berries	0 1	0 3	0 9
Liquid Ammonia	0 2	0 6	—
Liquorice Powder	0 2	0 6	—
„ Solazzi	0 1½	0 6	—
Lily and Rosemary Pomade	per pot	...	0 6 and 1	0	—
Liniment for Rheumatic	per bottle	...	0 6	—	—
Linseed	—	0 1	—
„ Meal	—	0 1	—
Liver Pills ...	per box	...	0 7½	1 1½	&c.
Liver Wort Herb	0 4	1 0	—
Lobelia, Herb	0 4	1 0	—
„ Ground	0 6	1 6	—
„ Seed	0 7	—	—
Mace	0 6	1 6	—
Magnesia	0 4	1 0	—
Marigold Blossoms	0 4	1 0	—
Marsh Rosemary	0 6	1 6	—
Mazerion Root	0 4	1 0	—
Milk Sulphur	0 1	c 3	—
Mountain Flax	0 3	0 9	—
Myrrh, Powdered	0 5	1 3	—
Oak Bark, Ground	0 1	0 3	—
Orange Peel	0 4	1 0	—
Orris Root	0 2	0 6	—
Pepper Corns, White	0 1	—	—
„ „ Ground	0 2	—	—
„ Cayenne	0 4	—	—
Peppermint Water ...	per pint	...	1 0	—	—
Peruvian Bark	0 4	1 0	—
„ „ Ground	0 5	1 3	—
Pills, Rhubarb ...	per box	...	0 6 and 1	0	—
„ Cough ...	„	...	0 6	1 0	—
„ Dandelion ...	„	...	0 7½	1 1½	2 3
„ Digestive ...	„	...	0 7½	1 1½	2 3
„ Hiera Picra ...	„	...	0 6	1 0	2 0
„ Podophyllin ...	„	...	0 6	1 0	2 0
„ Rhubarb ...	„	...	0 6	1 0	2 0
Pinus Canadensis	0 5	1 3	—
Pomegranate Bark	0 2	0 6	—
Poplar Bark	0 2	0 6	—
„ „ Ground	0 3	0 9	—
Poppy Heads ...	per doz.	...	0 4	—	—
Prickly Ash Bark	0 5	1 3	—
Quassia Chips	0 1½	0 4½	—
Raspberry Leaves	0 2	0 6	—
Rhubarb Root, Turkey	1 0	3 0	—
„ „ „ Ground	1 0	3 0	—

		oz.	$\frac{1}{2}$ lb.	lb.
		s. d.	s. d.	s. d.
Rose Water	per doz.	0 2	0 6	—
Salt Prunella	per doz.	0 4	—	—
Saltpetre	per doz.	0 1	0 3	—
Salts, Epsom	per doz.	—	0 1	0 4
Sarsaparilla Root	per doz.	0 4	1 0	3 6
„ Decoction	per pint	1 0	—	—
Sassafras Chips	per doz.	0 1	0 3	—
„ Bark	per doz.	0 2	0 6	—
Seeds, Carraway	per doz.	0 1	0 3	—
Senna Leaves	per doz.	0 1 $\frac{1}{2}$	0 4 $\frac{1}{2}$	—
Skullcap Herb	per doz.	0 4	1 0	—
„ Ground	per doz.	0 6	1 6	—
Slippery Elm Bark	per doz.	0 2	0 6	—
„ „ Ground	per doz.	0 3	0 9	—
Soda, Carbonate	per doz.	0 1	0 3	—
Stramonium	per doz.	0 2	0 6	—
Sulphur, Milk	per doz.	0 1	0 3	—
Sumach Berries	per doz.	0 2	0 6	—
Syrup Senna	per doz.	0 2	0 6	—
„ Tolu	per doz.	0 2	—	—
„ Rhubarb	per doz.	0 2	—	—
Sweet Nitre, Spirit	per doz.	0 3	—	—
Tartaric Acid	per doz.	0 2	0 6	—
Tincture Guaiacum	per bottle	0 6	1 6	—
„ Calumba	per bottle	0 6	1 6	—
„ Bark	per bottle	0 6	1 6	—
„ Orange	per bottle	0 5	1 3	—
„ Ginger	per bottle	0 4	—	—
Tincture of Myrrh	per bottle	0 5	1 3	—
„ Tolu	per bottle	0 6	1 6	—
Toothache Drops	per bottle	0 7 $\frac{1}{2}$	1 1 $\frac{1}{2}$	—
Tormentil Root	per doz.	0 2	0 6	—
„ „ Ground	per doz.	0 4	1 0	—
Valerian Root	per doz.	0 2	0 6	—
„ „ Ground	per doz.	0 3	0 9	—
White Pond Lily Root	per doz.	0 6	—	—
Wild Carrot Seeds	per doz.	0 3	0 9	—
Worm Powders	per packet	0 6	—	—

AFRICAN CAYENNE PEPPER.

Warranted pure, and sold cheaper than can be procured at any other house. It is notorious that no kind of Cayenne can be purchased unadulterated at the druggists', and the real African seldom to be had at all. G. STEVENS begs to say that he imports his in the pod, and has it ground upon the premises, under his own inspection.

4d. per ounce.

G. STEVENS'S AMERICAN COUGH SYRUP.

This preparation has been sold in Bristol for upwards of twenty years, during which period its sale has steadily increased, and its reputation is rapidly extending to all parts of the kingdom. It is a safe, agreeable, and very efficacious remedy for all who suffer with cold, cough, asthma, whooping cough, shortness of breath, hoarseness, bronchitis, and all diseases of the chest and lungs, even in the last stage of consumption affording relief when all other remedies have failed. The properties of this syrup are truly extraordinary, as by its promoting expectoration and perspiration, it abates the attendant fever, eases the breathing by bringing off the phlegm from the lungs, and allays the irritation of the lungs, windpipe, and bronchia, which in colds produces coughing. Thousands are annually cured by its use. One bottle will in most cases effect a complete cure.

Sold in Bottles, at 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S ANTI-SPASMODIC DROPS.

These drops are an invaluable remedy in all cases of cramp, spasms, or pains in the stomach and bowels when so violent as almost to stop the breath; they will afford relief when all other remedies have failed. Likewise in cholera, when combined with the anti-cholera powder, they are a never-failing remedy, as thousands can testify during the last epidemic; also, will effectually and immediately remove bruises and discolourations of the skin.

In Bottles, at 7½d. and 1s. 1½d. each.

G. STEVENS'S BLOOD PURIFIER; OR COMPOUND OF ROOTS, BARKS, SARSAPARILLA, &c.

This preparation has been sold by us for the last thirty years, and its efficacy proved beyond all doubt, in curing the most obstinate diseases of the blood and skin the human being is subject to, such as scrofula, scurvy, ulcerated sores of every kind, bad legs, erysipelas, and all other diseases of the skin and blood, from whatever cause arising, it effects a certain and permanent cure, as it cleanses or purifies the blood and strengthens the system; it is pleasant to the taste, and free from anything injurious to the most delicate constitution of either sex. Thousands can testify to the cures effected by us in the above diseases after the most eminent medical men have failed.

In Packets, at 1s. 1½d. each.

G. STEVENS'S CHOLERA POWDER.

The anti-cholera powder is a safe and specific remedy in all cases of dysentery, diarrhoea, choleric, English cholera, cholera morbus, and Asiatic cholera. To all who value life and health this powder will be found a most valuable remedy, as it may be taken in every form of

these diseases, from simple summer complaints, or looseness of the bowels, to the last stages of Asiatic cholera, in all its dreadful forms.

Thousands were cured by it during the time it made such fearful havoc in our country in 1849.

Sold in Packets, at 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S COMPOSITION POWDERS.

This tea is excellent in all cases of sudden cold, influenza, fever, sore throat, measles, small pox, and pains in the stomach and bowels. It is a safe and gentle stimulant, equalising the circulation, by opening the pores of the skin, and thus removing the grand cause of nine-tenths of the diseases of mankind. It is as applicable to one disease as another—for all diseases are caused by checking the insensible perspiration, in other words, taking cold. It is only necessary for those suffering from any of the above diseases to try this powder to be convinced of its wonderful effects in affording immediate relief.

In Packets, at 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S COMPOUND PODOPHYLLIN PILLS.

A safe and specific pill in severe cases of liver complaint, acting as an excellent aperient and alterative. They will be found to exercise a controlling influence over the cutaneous tissues. Therefore in all skin diseases, in biliary fevers, indeed in all cases in which the liver and stomach is affected, they are an invaluable remedy.

In Boxes, at 7½d. and 1s. 1½d. each.

G. STEVENS'S CONCENTRATED ESSENCE OF QUININE, OR FLUID EXTRACT OF PERUVIAN BARK.

This elegant preparation of quinine possesses all the tonic and febrifuge qualities of the Peruvian bark in an agreeable and highly concentrated state; it is held in high estimation in all cases of debility, loss of appetite, restlessness or imperfect sleep, pain at the top of the head, fear of being alone, or where the mind is impressed with imaginary evils, from weakness of the stomach and digestive organs; it likewise strengthens the chest, and affords great benefit to those who have fallen into a low state of health.

The above preparation is superior in quality and strength, and sold in larger bottles than are any similar preparations by any other house in the city, at 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S DANDELION PILLS.

These pills have been before the public for the last thirty years, and have gained a reputation far beyond any other pills which have been introduced to the public. They are prepared from the pure extract of dandelion, and contain all the medical properties of the fresh herb and

root. They are not to be classed with the compounded nostrums of the present day, thrown hastily and at random together ; on the contrary, they are the result of much study and reflection, combined with an accurate knowledge of the action of the different articles of which they are composed. Being purely vegetable, they are a safe and efficacious remedy in all diseases of the stomach and liver, giddiness in the head, constipation of the bowels, indigestion and piles, likewise flatulent pains in the stomach and bowels, restoring tone and energy to those organs and intestines, regulating the flow of bile and other secretions, on the right state of which health and life principally depend. They strengthen the chest and all the inward parts ; help those who have fallen into a low state through impaired digestion, and a morbid inactivity of the bowels. Persons who feel a fulness after meals will derive great benefit from them.

In Boxes, 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S DIURETIC POWDER.

Of the efficacy of this powder in the various diseases of the bladder and kidneys, there is nothing that stands equal ; as it acts as a stomachic, carminative, diaphoretic, and diuretic ; it is excellent in lumbago, pains in the back and kidneys, and in all cases of obstructed urine ; likewise in cases of inability of retaining the urine, from weakness of the urinary organs.

In Packets, at 7½d. and 1s. 1½d.

G. STEVENS'S FEMALE PILLS.

In all diseases and irregularities of the female constitution these pills are a very efficacious remedy, in the most troublesome or obstinate cases of obstruction to which the female sex are liable ; when they are obliged to sit much, or in severe cases of cold, they invariably afford relief when all other means have failed.

Sold in Packets, at 1s. 1½d. each.

G. STEVENS'S No. 2 FEMALE PILL.

For persons during the change of life they are the most valuable medicine that can be taken, relieving, after a few doses, from giddiness in the head, indigestion, faint perspirations, flutterings of the stomach, and all those various symptoms common at that period of life, and which, if neglected, cause bad legs, varicose veins, dropsy, and numerous other diseases.

In Boxes, at 1s. 1½d. each.

G. STEVENS'S GARGLE.

This preparation is very efficacious in sore throats, quinsy, indeed every affection of the throat, from a slight soreness to the most deeply ulcerated, it will cure.

In Bottles, at 7½d. and 1s. 1½d. each.

G. STEVENS'S GOUT AND RHEUMATIC PILLS.

The efficacy of these pills in the cure of gout, rheumatism, and pains in the limbs and muscles has been fully tested by thousands with the greatest success. They totally eradicate these diseases, whereas the majority of medicines sold for the relief of these complaints contain deleterious drugs, which secretly tend to foster them.

Sold in Boxes, at 1s. 1½d. each.

G. STEVENS'S INDIAN BOTANIC APERIENT PILLS.

These pills are a safe and efficacious remedy in liver complaints, giddiness in the head, constipation in the bowels, and indigestion. In their operation they cleanse and strengthen the stomach and other digestive organs, on the right state of which health and life principally depend; removing excessive secretions of bile, they search out and expel the corrupted humours of the blood, purifying in their progress the whole mass of fluids, and renovating by their action the different functions of the entire system.

Sold in Boxes, 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S LADIES' BREAST OINTMENT.

This ointment has retained its celebrity for more than a century in curing bad or broken breasts, sore nipples, and cancers in the early stages; it will remove hard glandular swellings if applied early and prevent them breaking, and by following the directions given will dry up or preserve the milk as occasion may require.

In Boxes, at 1s. 1½d. and 2s. 9d. each.

G. STEVENS'S LILY AND ROSEMARY POMADE,

For cleansing the head from scurf or dandriff, nourishing the roots, so that the hair does not fall off, and giving it a glossy and beautiful appearance.

In Pots, at 6d. and 1s. each.

G. STEVENS'S NERVE POWDER.

This powder will be found to soothe, quiet, and strengthen the nerves, when they have been excited, or rendered irritable, without at all impairing or blunting their sensibility—unlike narcotics so generally administered, such as opium, morphia, stramonium, &c., which not only injure the functions of the brain, but in some instances actually produce fatal results. There is scarcely a form of nervous disease in which this powder may not be advantageously used; indeed, its power may be most beneficially tested in hysteria, restlessness, imperfect sleep, pains in the nerves, twitchings, and every other kind of nervous affliction.

In Packets, at 7½d., 1s. 1½d., and 2s. 3d. each.

G. STEVENS'S NERVO-VITAL PILLS.

These pills will restore the action of the nervo-vital powers in both sexes in a manner unequalled by any other preparations that we have ever heard of or tried during the experience of thirty years' standing. In cases of extreme weakness in females they are invaluable.

In Boxes, at 1s. 1½d., 2s. 9d., and 4s. 6d. each.

G. STEVENS'S PERUVIAN HAIR RESTORER.

An invaluable preparation for cleansing the hair and giving it a beautiful gloss; if well rubbed into the roots it will nourish and give vitality, so that the hair will not fall off or turn grey; it removes scurf, and will restore grey hair to its natural colour, without irritating or staining the skin in the slightest degree.

In Bottles, at 1s. and 2s. each.

G. STEVENS'S RESTORATIVE COMPOUNDS.

The articles under this designation will bear the strictest scrutiny, and secure the unqualified approval of competent judges, being the result of much study, reflection, patient research, and close observation at the bedside of the sick, combined with an accurate knowledge of the different action of each article which enters into their composition. These remedies, which are purely vegetable, contain no deleterious substance whatever, and are confidently recommended to persons suffering with the following diseases.

In Packets, at 7½d. and 1s. 1½d. each.

No. 1.—Good for rheumatism, bad legs, chills, gout, scorbutic complaints.

No. 2.—For consumption, and all diseases of the chest and lungs.

No. 3.—For indigestion and liver complaints.

No. 4.—For dropsy, and diseases of the bladder and kidneys.

No. 5.—For scrofula, king's-evil, diseases of the skin, impurity of the blood, &c.

No. 6.—For diseases incidental to females.

G. STEVENS'S RHEUMATIC LINIMENT.

This liniment is very efficacious for rheumatic pains in any part of the body, weak or swollen joints, pains in the back and kidneys, recent glandular swellings, scrofula, Derbyshire neck or goitre, and other indolent tumours of every description.

In Bottles, at 1s. 1½d. each.

G. STEVENS'S SPICED BITTERS.

This is one of the best medicines in use for restoring the tone of the digestive organs; it corrects the bile and restores the appetite; it is an excellent remedy for flatulency, and relieving piles, headache, heartburn, &c. In the form of a weak tea, sweetened, with a little milk added, it is a refreshing drink for weak persons, and it is good also for those in health during the hot weather of summer. If food occasions distress, a dose of this will generally afford relief.

In Packets, at 7½d. and 1s. 1½d. each.

G. STEVENS'S UNIVERSAL OINTMENT.

This ointment is a certain remedy for sore or ulcerated legs, and wounds of every description, inflamed eyes, chapped hands, scurvy, and eruptions of all kinds.

In Boxes, at 7½d. and 1s. 1½d.

For the convenience of persons practising from our book, all tinctures, gargles, syrups, drops and liniments mentioned, and for which receipts are given, can be obtained ready prepared, in 6d. and 1s. bottles.

The Ointments, in	6d. and 1s. boxes.
„ Powders „	6d. and 1s. packets.
„ Pills „	6d. and 1s. boxes.

Or for price of single ingredients with which to make them see list of articles.

G. STEVENS'S VOLATILE TOOTH-ACHE OR
NEURALGIA DROPS.

These drops will be found a certain and *immediate* cure for tooth-ache and tic-doloureux. They will afford relief as an application to the side in pleurisy, and to the abdomen in tenderness, inflammation or swelling of the bowels. They are likewise a certain cure for chilblains, sprains, bruises, &c.

In Bottles, at 7½d. and 1s. 1½d. each.

BIRMINGHAM :

WHITE AND PIKE, MOOR STREET PRINTING WORKS.



